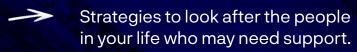
Get rid of stigma and increase help-seeking in your workplace with our 45-minute mental health program.

Presented to over 250 workplaces – all industries, all shapes and sizes.
Delivered by carefully selected and relatable facilitators with a blend of mental health training and lived experience.

WHAT YOU'LL LEARN





Strategies to look after yourself.

Info on when, where and how to access support.

WHAT'S INCLUDED



Storytelling to drive stigma reduction.



Engaging activities for the audience.



Access to exclusive merchandise deals.



Mental health toolkit to continue the conversation long after the visit.

WHAT THEY SAY

"The LIVINWell Program kick-started important conversations in our workplace that had been overlooked for far too long and prompted a review of our workplace mental health strategy"

- Head of People and Culture

INTERESTED IN MORE?

Interested in a more comprehensive program for leaders and mental health enthusiasts in you workplace? Inquire about **LIVINWell Plus**, a 4-hour (half-day) package building on our 45-minute program, delivered by a qualified psychologist.



