



Mental Health Matters Facilitated Workshops

Limited time offer: Save 10% when you purchase 3 workshops before 30 June 2024.

*Workshops valid until end of 2024.

Aspect Group offers a wide range of engaging workshops and seminars on a range of mental health and wellbeing topics that are presented by experienced in-house psychologists and workplace mental health specialists. Equip staff and leaders with practical evidence-based skills and knowledge that is designed to start conversations, reduce stigma, increase personal resilience and capability, and build a psychologically healthy workplace culture. Topics can be tailored to your organisational context and delivered virtually, or on-site.

Mental Health Foundations and Skill Development

- **Understanding Mental Health:** Awareness and practical tools on how to respond to colleagues experiencing mental health challenges
- **How to say "I'm not okay":** Accepting vulnerability and having safe and supportive conversations
- **Beating the Blah:** Brain-based tips to improve focus, concentration and motivation and shift your mindset from languishing to flourishing
- **Understanding Depression and Anxiety:** Identify causes, symptoms, effects, and understand steps to recovery
- **Vicarious Trauma:** Understand how exposure to indirect trauma can impact us and develop effective strategies to support yourself and your team.
- **Supporting Someone with a Mental Health Condition:** Recognise and respond to someone who is experiencing signs of mental ill health and learn tips to support them
- **Your Role in a Mentally Healthy Workplace:** We all have a role to play in building and maintaining a mentally healthy workplace
- **Banishing Burnout:** Signs, symptoms and strategies to help you regain balance and get you back on track
- **Banishing Team Burnout:** Strategies to decrease the negative effects of stress and increase team health, connection, and wellbeing
- **EFT Tapping Technique for Stress Relief:** Reduce anxiety in minutes using a simple evidence-based tapping technique
- **Sleep Well:** Practical and evidence-based tools for a satisfying slumber
- **Breathe Well:** Tools to calm the mind, reduce stress, and feel more energised and focused
- **Move Well:** How to harness the power of movement to reduce stress and improve mental health
- **Think Well:** Reduce rumination and learn healthy thinking habits for optimal wellbeing
- **Connect Well:** Understand our biases, tame emotional triggers, and learn communication habits to increase connection and belonging at work
- **Better Boundaries:** Practical tips for understanding your needs and setting and maintaining healthy limits
- **Habit Hacking for Positive Wellbeing:** Learn the science of habits and the art of 'habit stacking' to build rock-solid, empowering habits that last
- **Practical Mindfulness:** Build calm and focus with everyday habits you can easily incorporate into your day
- **Building Confidence at Work:** Overcome 'imposter syndrome', recognise your strengths, and reframe your thinking in a way that builds you up, even after setbacks
- **Fearless Feedback:** Understand how to give and receive feedback using evidence-based models to help you develop individuals and empower teams

