

# Best-practice workshops and education to support psychologically healthy workplaces



## What our clients say



*Aspect Group delivered an effective, impactful training program which also combined clear objectives with outcome measures to evaluate ROI. It was brilliant."*

**- Head of HR, Global Pharmaceutical Company**

*We (NDY) have partnered the Aspect Group for over a year now and our colleagues have found the sessions extremely useful and relevant to what's going on in the workplace, as well as them personally.*

*The content is a perfect blend of research/evidence-based material as well as practical experiences that allow our colleagues to really engage with the content and feel they have the necessary tools to support their wellbeing.*

**- Cassie Axelby, People and Culture Business Partner  
Norman Disney & Young**

*The Aspect facilitator is genuinely engaging with the audience and presented with a great energy and enthusiasm for the topic. Her knowledge of the subject was very clear as was her ability to apply it to the situations that were presented to her. The team found the content and discussions useful for them in their roles and have been having some ongoing discussions amongst themselves since the training.*

**- Sarah O'Brien, WHS Coordinator**

*The mental health workshops delivered by the ASPECT team have been nothing short of transformative for our workforce. Their dedication to the well-being of our employees, the quality of the content, and the interactive approach they adopt are all exemplary. I wholeheartedly recommend ASPECT to any organisation looking to prioritise mental health and well-being. Their impact on our staff has been immeasurable, and we are truly grateful for their outstanding work.*

**- Dr Julia Verena Stinshoff, Senior Medical Officer**

*This was the best session on burnout I have attended. Excellently done! This is also a great session for people leaders. The tips Aspect provided were forthright and practical and weren't simply the fluff you often hear in other presentations on mental health. A fantastic session, I'm glad I attended.*

**- Participant**

*Having worked with the Aspect team since 2020, I would highly recommend them. What I appreciate most is the quality of the professionals that work at Aspect and how collaborative they are. They take the time to really listen and understand our needs and context. They tailor a solution rather than just providing a cookie-cutter approach. Recently, we ran an online sleep workshop which was really well received and had 190 people join, which is testament to the level of trust that Aspect has built with our staff. I believe that wellbeing and care are at the absolute heart of running a sustainable organisation. Aspect is our go-to provider when we need a deeper level of support.*

**- Glenn Jackson, Executive Director, People & Culture  
QIC**

*I really appreciated your session Breathe Well – it's actually the first time I have received such information on how breath impacts our mental health despite my medical training; it is highly appreciated and very practical and helpful"*

**- VP, Senior Health Advisor, Santos**

