

# Mental health, wellbeing and performance training



INCREASE RESILIENCE



PRACTICAL TOOLS TO  
COPE WITH STRESS,  
ANXIETY, FATIGUE AND  
TRAUMA



INCREASE WORK  
PRODUCTIVITY AND  
OUTCOMES

Your wellbeing affects every part of your life, your mind, emotions, physical health and your relationships with others. Everything about who we are is interconnected, what happens in one area of life impacts the next area of life directly or indirectly, consciously or unconsciously. The Goal of this training is to explore the various aspects of your wellbeing & help you to use that knowledge to be a more effective well rounded individual at work and in your own life.



## Awareness

- What is wellbeing and why is it important ? The ideal workplace is one where you perform at your best whilst improving your wellbeing.
- What wellbeing at work looks like
- Looking at work related issues: stress, anxiety, burnout, fatigue and trauma.



## Respond

- Areas that cause workplace stress, anxiety and trauma: workplace relationships, workplace targets, workload, work- life balance, expectation vs reality and change.
- Explore importance of looking at workplace stressors and how they affect individuals, the team, the company and personal life.
- Learn to build resilience, how to do self- care well, how to process anxiety and stress so it does not turn into burnout, fatigue or trauma, backed by neuroscience and research



## Transform

- How to increase team and company productivity while freely achieving your own goals and dreams.
- Doing self- care well and what it looks like



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