

SPEAK UP! Stay ChatTY

Digital Series

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1 in 5

Australian employees report taking time off work due to feeling mentally unwell in the past 12 months.

When mental health is valued in a workplace and resources are made available absentees drop by almost

50%.

(beyondblue)

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Are you looking for ways to support your team's mental wellbeing?

The Digital Series provides a 4 part online learning platform delivered live or recorded. Our sessions take an evidence-informed approach with a focus on increasing awareness around mental health as well as offering practical tools to enhance mental wellbeing.

We are all going to face challenges in our professional and personal lives. Finding practical ways to support ourselves and those around us helps to build our resilience and ability to bounce back during challenging times.

Building a culture that encourages conversations about mental wellness can enhance professional satisfaction, performance and creativity.

The Digital Series is delivered in a conversational style, with a strong focus on using real life examples to relate with your team.

This is your opportunity to boost mental wellbeing within your team!

5 ways to make a difference

Building resilience

Digital Series sessions:

- delivered live online or pre-recorded
 - 20 minutes per session or 1 hour delivered collectively
- suitable for 18+

How to have supportive conversations

Recharging our personal batteries



Relationships Australia
TASMANIA

Get involved

For more information or to book a session Contact us at: staychatty@reltas.com.au