



wellbalance

www.wellbalance.net.au

Promoting wellbeing and effective relationships through:
Education, coaching, mediation, counselling.

What we can offer to meet your needs:

1. Connect with your employees.

Gauge where your employees are at through a survey of:

- : Workplace culture – leadership, morale, recognition.
- : Workplace stress – conflict, bullying, skill utilisation, task capability.
- : Personal mental health – history, supports, disclosure.
- : Workplace wellbeing program – needs, suggestions.

2. Needs assessment and delivery of training.

Set the scene for positive change through communication with all staff/employees. Leadership to promote buy-in and support for weekly program. Wellbalance to connect with all stakeholders through delivering engaging training and education based on survey results and needs assessment and: mental health, workplace stress, reducing stigma etc.

3. Develop tailored weekly program

Weekly presence promoting mental health and wellbeing. Build relationships with employees. Check in with leaders.

1 on 1 face to face appointments, counselling and referral. Phone availability for case consults or counselling. Pre-employment screening – inherent requirements of the role. Identifying and addressing risk of conflict, bullying, stress, psychological injury.

4. Evaluate/measure/results

Quantitative: absenteeism, workcover, incidents, injuries. Qualitative: survey, perceptions, change, leadership feedback, anecdotal.

BENEFITS of implementation

- : external service, viewed differently to HR.
- : skill and expertise in mental health and conflict.
- : genuine employee engagement – not token EAP.
- : reduce risk of psychological injury.
- : meet legal obligations.
- : early intervention, proactive re. mental health, conflict, stress, bullying, workcover claims.
- : Increase positive culture. Instilling value, recognition, support. Reaping loyalty, trust, goodwill.



“I do what I do and live what I live because I am *passionate* about the value of human connection. When human beings connect and treat each other with respect, I have seen the positive outcomes that result.”

– Wellbalance director, Kristy

f: wellbalance
i: well_balance
in: Kristy Hunter
y: wellbalance



m: 0417 399 512

e: kristy@wellbalance.net.au