

Wellbeing Support Series 2023



Creating a Culture of Workplace Wellbeing For a Stronger, Connected, and Engaged Workforce.

JANUARY

[Supporting positive learning in your home.](#)

Prepare for the new school year. Hear how we can collaborate to support young people in their learning journey, engagement and outcomes.

Speaker: Rachel Stewart

[View Recording](#)

FEBRUARY

[Money matters, tips to support financial wellbeing.](#)

Find out how to make your money work for you, helpful ways to manage better throughout life's phases.

Speaker: Peter Swan

[Podcast](#)

MEMBERS ONLY**

MARCH

[Trauma recovery and renewal through nutrition](#)

Living your best life after trauma can be challenging. Hear from someone who has faced the beast and found a holistic way to move forward every day.

Speaker: Graeme Bint

[Podcast](#)

APRIL

[Hope & optimism through challenge.](#)

Struggling through days? Listen in to gain tips and ideas to help find meaning and optimism now and throughout the year.

Speaker: Darren Cox

[Podcast](#)

MAY

[The power of language on mindset and others.](#)

Wellbeing starts with how you think and speak. Learn how you can improve your language and approach with simple strategies from a trauma specialist.

Speaker: Daisy Brown

[Podcast](#)

MEMBERS ONLY**
LIVE & ONLINE EVENT

JUNE

[How to lead through crisis](#)

Life post-pandemic has meant all organisations need to manage post-crisis. Hear how experts lead through the unknown and unexpected.

Speakers: Shane Fitzsimmons & Georgeina Whelan

[Register](#)

JULY

[Moving from negative to positive wellbeing.](#)

Reflecting on your current state of wellbeing, Kerry will provide questions, insights and activities to assist you in understanding areas for consideration to support your wellbeing. The support structure will benefit you and provide personal actions you can take to assist you in moving from struggling to a better state of wellbeing.

Speaker: Kerry Howard

[Register](#)

AUGUST

[Coaching conversations for wellbeing.](#)

At home, work and in community, our conversations are key. Hear how an executive coach faces wellbeing conversations to break stigma and create change.

Speaker: Katrina Symons

[Register](#)

MEMBERS ONLY**
LIVE & ONLINE EVENT

SEPTEMBER

[Physical tips to release mental load](#)

Whatever your day looks like, learn to ease tension through stretch, movement and actions that you can do anywhere. Natalie will provide with safe strategies for those on the front line.

Speaker: Natalie Simon

[Register](#)

OCTOBER

[Enhancing wellbeing through positive use of technology.](#)

Cyber safety, apps and tech tips to help you take control, feel safe and ease concern in a tech savvy world.

Speaker: Kellie Britnell

[Register](#)

NOVEMBER

[Embedding real life wellbeing at work.](#)

With so much time at work, find out how to make a real change to your work life with practical strategies that will really make a difference. Whether you are looking for you, your team or your company, we can help!

Speaker: Desleigh White

[Register](#)

DECEMBER

[A time for gratitude, reflecting on the year past](#)

Key to wellbeing is mindfulness and gratitude. Join our gratitude bootcamp to end your year on a high!

Speaker: Glenn Johnston

[Register](#)