

Lunch and Learn Package



SuperFriend's Lunch & Learn Package contains six webinar style presentations across a number of topics related to mental health and wellbeing in the workplace (including sleep and work-life balance) to help you fill your wellbeing calendar and ensure all your staff have the knowledge to thrive at work.

What's included?

Presentations

Understanding Mental Health & Wellbeing

This presentation provides an introduction on the difference between mental health & mental illness, identifying the early signs of compromised mental health, having care conversations & practicing self-care.

Five Ways to Wellbeing

This presentation provides participants with an understanding of the Five Ways to Wellbeing framework and how to apply these actions to support mental health and wellbeing.

The Importance of Sleep

This presentation provides information on how improve sleep behaviour to positively impact their ability to function well, be productive and thrive.

Managing bereavement, grief & loss

This presentation takes staff through the natural responses in the cycle of grief toward recovery and how to support someone who is grieving.

Work-life transition tactics

This presentation unpacks seven practical tactics which will assist participants with integrating work and life to improve productivity and connection.

Couple navigation

This presentation provides practical tactics to assist individuals in strengthening their relationships when they navigate challenges & changes at work and home.

Resources

Tip sheets

- Understanding mental health and wellbeing

Guides

- Looking After You Guide

Package details

- Suitable for all staff
- Unlimited participants

\$ 6,300
(plus GST)