

SuperFriend Presentations



SuperFriend's suite of presentations are designed to increase organisation-wide awareness about mental health and wellbeing (MH&W), with a focus on building employee capability and creating thriving teams.



The presentations provide participants with an increased understanding of MH&W as well as practical tips and tools to apply both at work and at home. Understanding the concepts and benefits related to MH&W helps reduce stigma, promote positive wellbeing practices, and build a culture of support and prevention.

These short, engaging, and informative presentations cover a range of topics that SuperFriend's professional facilitators can deliver to organisations as 'lunch-and-learn' sessions to support a workplace wellbeing strategy or as a standalone event.

SuperFriend's presentations are delivered either virtually or face-to-face. All presentations can be customised to address specific organisational concerns, or to align with an existing program.

Presentation details

Duration: 60 minutes

Audience: Up to 100 people

Delivery: Virtually or face-to-face

Pricing: \$1,300 + GST

(Partner pricing \$1,170 + GST)

**Partner allocation can be used.*

Available presentations

Understanding mental health and wellbeing*

This presentation offers participants an introduction to workplace mental health and wellbeing and includes content on navigating COVID-19 and remote working challenges. Participants will learn how to recognise the difference between mental health and mental illness, the early warning signs of compromised mental health, and will be equipped with the confidence to have a conversation. It will also highlight the importance of self-care, provide coping mechanisms and remote working tips.

Five Ways to Wellbeing*

This presentation is designed to create awareness about how the nature of work-life balance has changed over time, and provides participants with an understanding of the difference between mental health and mental illness. Participants will learn about the Five Ways to Wellbeing and how applying these actions support people's mental health and wellbeing. The presentation covers practical and simple activities that participants can do every day to maintain good mental health, boost resilience and help minimise risk of mental health problems.

Retiring Well*

Aimed at those thinking about retirement in the next 5-10 years, this presentation will assist participants in planning for the changes retirement offers. Retirement is one of life's biggest transitions; the earlier you can begin planning, the better the outcomes and ability to achieve lasting wellbeing. Participants will learn: practical strategies that support wellbeing, factors that contribute to adjusting well, the resources available to assist in planning and the options available to them when consider retirement.

Best practice approach to managing change*

Aimed at employers and managers, this presentation will assist participants to understand the positive and negative implications of change, outline strategies to effectively manage change and the best practice principles of change management. Change can be challenging, and can have negative impacts on employees and the organisation if not managed well. Participants will learn the process and impacts of change and best practice principles and tips for managing change well.



The importance of sleep*

This presentation is beneficial for all staff and will provide information to help participants to understand sleep, and how improving sleep behaviour can positively impact their ability to function well and be productive. Participants will learn why sleep matters and the costs of inadequate sleep, and they will also be provided with useful tips for quality sleep and available resources to support.

Strategies for managing pandemic fatigue and burnout*

Over 18 months into the COVID-19 pandemic and many of us are feeling the strain of lockdowns, working from home and prolonged uncertainty on our mental health and wellbeing. Research shows that people are taking less leave and

working longer hours, which can lead to increased feelings of fatigue, burnout and overwhelm. This presentation provides an overview of mental health and the science between pandemic fatigue, delineates the difference between burnout and overwhelm, and provides staff with practical strategies to help with motivation, consistency and coping through ongoing uncertainty.

Supporting return to work post lockdown*

This presentation is suitable for all leaders and staff that are preparing for return to work. Participants will explore the impact to them personally as their workplace starts to return to 'normal'. Individual experience dictates that we each have a different fallout effect. This is likely to play a role in how we respond in the transition back to work. This presentation explores the reverse culture shock and the common fluctuations in thoughts, moods and behaviours when planning return to work. It will also explore the differences in the way people engage with each other, the way people work, the priorities given to the environment, and the way people think about travel.

Couple navigation

This presentation focuses on the changes couples were forced to make to adapt at home, many of which were implemented without the opportunity to step back and make conscious choices about how to manage the transition. Since then, thriving as a couple has required great creativity, including conscious (re)distribution of roles and responsibilities, recognition of each other's personality preferences and coping styles, and the strengthening of our collective resilience. This presentation unpacks the impact of COVID-19 upon couple



relationships, exploring the context, challenges and unique opportunities presented by this time. Participants are provided practical tactics to assist in strengthening their relationship as they continue to navigate the changes at work and home, as well as addressing FAQs relating to some of the common couple challenges that have arisen throughout this time.

Work-life transition tactics

Finding a healthy work-life balance is difficult and this has only been compounded during the COVID-19 crisis. The blurring of boundaries and 24/7 connectivity also impacts other factors that can lead to poor mental health, stress and burnout. This presentation unpacks seven practical tactics which will assist participants with integrating work and life as they navigate the sustained disruption of COVID-19, including: transition gap, ask don't assume, clear boundaries, trusted external systems, interference to integration, concentration and connection, and self-advocacy.

Managing bereavement, grief & loss*

Grief is the normal process of reacting to a loss. Grief reactions may be felt in response to physical losses for example, a death or in response to symbolic or social losses for example, divorce or loss of a job. Each type of loss means the person has had something taken away. Bereavement, is the period after the loss has occurred and every individual will experience this in their own unique way. In this session we will cover grief/loss and bereavement and the natural psychological and physical responses

that take place as one moves through the cycle of grief toward recovery. The session will also cover best practice approaches to supporting someone who is grieving and provide a list of useful referral pathways.

Combating the loneliness of lockdown

Suitable for all audiences, this interactive session is particularly helpful for older Australians or those who live alone, and explores loneliness in the context of COVID-19. The different needs of introverts and extroverts when thinking about daily routines will also be unpacked along with understanding the impact of quarantine fatigue. Best practice strategies for combatting loneliness and isolation will be shared along with a range of resources (both internal and external), designed to protect the wellbeing of ourselves and our loved ones at this time.

Working from home with kids

This presentation is suitable for all staff and includes content to address the challenges of working at home with others such as children, partners, parents and pets! Considering the very real challenges at this time, this session unpacks five practical tactics to help participants maintain their attention, energy, wellbeing and focus, including: clear space, creative management, concentration, compassion and connection, as well as some other important considerations in this significant and unprecedented transition.