

SuperFriend Presentations



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

The presentations provide participants with an increased understanding of mental health and wellbeing, as well as practical tips and tools to apply both at work and at home. Understanding the concepts and benefits related to mental health and wellbeing 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: From \$1,300 + GST

(Partner pricing from \$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.

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.



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.

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.

Languishing: A heads up on the feeling of 'blah' and practical strategies for flourishing*

There is a name for the 'blah' we are feeling: languishing. As the COVID-19 pandemic continues, many of us have moved from acute anxiety, stress and isolation to a deep sense of stagnation, monotony and emptiness. We're not happy or sad, but are just going through the motions. For many of us, this feeling of "meh" may be both new and confusing. This

presentation explores how languishing differs from depression, stress and burnout, as well as the common causes of languishing and the impact it can have on us. Participants will come away with a range of practical strategies to help them and others move from languishing to flourishing.

Finding 'Flow': Building practical tools to reduce languishing and protect wellbeing*

With the ongoing uncertainty of living through COVID-19, many of us find ourselves in a chronic state of languishing. Our energy has been depleted and we now realise that we are in this for the long haul and the finish line is still unclear. It is hard to keep going when we feel joyless and aimless, lack motivation and focus, and generally just feel 'blah'. An antidote to languishing is being in a state of 'flow', of complete absorption in activity. Designed as a follow-up to the 'Languishing' session, this presentation will provide practical strategies to achieve flow in both work and life, so we can reduce languishing and protect our wellbeing at this challenging time.

Have a care conversation virtually*^

With more than 11 million Australians in lockdown, it's more important than ever to reach out and stay connected with the people we care about. Having a care conversation with someone can seem daunting, especially in a virtual environment. This short presentation goes through tips to give you the confidence and skills to plan a conversation, approach someone you are concerned about and refer them on to resources that may help.

^Please note that this presentation is a different duration and price to our other presentations, please enquire for details.