

# RESILIENCE AND SELF-CARE

**A healthy employee is a better employee**

## OUTCOMES

- Better psychological safety
- Improve workplace morale and productivity
- Build resilience
- Better physical and mental health



## ABOUT THE PROGRAM

- Comprehensive Wellbeing Scorecard report for each participant
- Classroom-based and virtual activities
- Individual coaching

The *Resilience and Self Care Program* is conducted by leading self-care experts in Australia with extensive knowledge about best practice in hands-on and effective self-care strategies for sustainable mental health and personal performance capability.

Participants learn ways to reduce stress, use the power of positive thinking and understand healthy work-life balance.

They take their new skills into everyday activities, supported by confidential coaching sessions that are designed to challenge and motivate participants to make sustainable breakthroughs in their resilience and self-care.

## DELIVERY FORMATS

Formats are customised and may vary from a half-day introduction to a complete 24-week program which includes:

- Measuring wellbeing and resilience
- Half-day workshop
- Coaching
- Follow-up
- Re-evaluation

## BACKGROUND

Self-care should not just be something we reach for in a crisis, it should be part of our everyday lives. It is important employees are equipped with self-care tools to check in with themselves.

Most organisations give people phone numbers to call and places to visit when they are not feeling okay.

But there's a better approach – we need to have a more open conversation so people can understand their own wellbeing, build good habits into their daily routines and careers.

It is critical that workplaces create a culture in which self-care is accepted and encouraged to drive a healthy, high-performing environment and prevent mental injury in the workplace.

## WHY USE JONAH GROUP

Jonah Group's experts know mental health and have been supporting people facing mental health challenges in the workplace for more than 17 years.

They share their knowledge with people from the board room to the front line, driving real change in attitudes, behaviour and mindset – and ensuring safety and wellbeing.

In a world where more than 2 million die every year from work related accidents and disease, safety is Jonah Group's mission.

Whether mental health or physical safety, Jonah Group's experts teach people the science of risk and help leaders build sustainable cultures of safety.

**Jonah Group. *Saving Lives. Protecting business.***



“The Jonah Group designed and facilitated a three- month wellbeing program for the Serco Fiona Stanley Hospital Executive team. The program was well structured, focused on a holistic approach to wellbeing that incorporated six contributing factors. The members of the team particularly valued the coaching sessions, as these provided a personalised focus on individual issues. Liz Peard from the Jonah Group facilitated the group sessions and conducted the individual coaching. She was able to encourage our leaders to initiate and sustain manageable and consistent personal changes that were therefore more likely to be sustained over the long term.”

**Anthony Head**

Organisational Development Specialist

**Contact us today to learn how  
we can help you**

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