

WORKPLACE SERIES

Wellbeing, Mental Health
& Team Building Programs
For Forward Thinking Organisations



Dr Charise Deveney - Clinical Psychologist
&
Jade Forster - Organisational Coach & Counsellor

About Us

Dr Charise Deveney is a well-known and highly-regarded Clinical Psychologist who owns two psychology clinics on the North Shore; **Jade Forster** is a workplace coach and counsellor with a background in organisational learning and development. Together, they have been developing and delivering wellbeing, mental health and team building workshops since 2016.

Dr Charise and Jade truly believe that everyone should have the opportunity to come to work with a spring in their step, approach problems with a positive mindset and bounce back stronger in the face of adversity. For the last three years, Dr Charise & Jade have been running a variety of workshops, specifically resourcing individuals and workplace teams with strategies to become more active participants in their work life, build resilience and ultimately engage in the workplace to their fullest potential with a solid foundation of health and wellness .



OUR MISSION:

ALL participants will learn how to apply psychological tools to create meaningful, sustainable change in their personal and professional lives.

It is widely accepted that individuals who have access to psychological tools that help them tackle challenges feel more fulfilled and mentally well. This results in higher performing teams and greater job satisfaction. Dr Charise and Jade are on a mission to educate individuals and teams on the practicalities of how to apply psychological strategies at work, and in day to day life, to support brighter functioning, health and wellness.

Our Staff & Workplace Wellbeing Workshops:

- Are firmly grounded in the most up-to-date research and psychological frameworks;
- Empower ALL participants to create self-directed, practical plans to better-manage their overall mental, physical and emotional health.
- Are fun, supportive & “no-fluff”;
- Normalise and provide opportunities to discuss emotional and relational states at work;
- Support teams with structured reflection and time to plan;
- Give staff unique opportunities to build self-awareness and confidence.

Workshop Menu

You can choose workshops from the list below and we can customise them for your workplace. OR, many of our customers come to us with a specific need in mind and we partner with them to design and deliver something that's tailored to suit them!

Wellness Workshops	
<p>Effective Coping Strategies: Managing Tough Times & Stress</p>	<p>Sometimes 'life gives you lemons' - the true test is what you do with them. This important workshop provides staff with the necessary foundational resources to support optimal functioning & prevent wellbeing deficits. Underpinned by the latest findings and research on resilience, we work staff through a variety of highly practical tools to manage stress and effectively tackle life's challenges. This workshop uses clinical examples of stress and challenges likely to be faced in the workplace; helping them to build resilience and bounce back from adversity.</p>
<p>Drawing the line... Setting Boundaries</p>	<p>We are all constantly juggling many personal and professional boundaries and sometimes being able to 'draw the line' can be hard. This workshop sets the foundations for healthy & respectful relationships; supporting staff to be able to identify their own unique boundaries and know when their personal boundaries are being compromised. We provide a practical framework, and the opportunity, to identify and set their own personal boundaries. Clinical examples of appropriate boundaries and boundary violations are discussed and staff are supported in a deep dive on how to uphold and communicate their boundaries to others.</p>
<p>Finding Balance</p>	<p>Achieving balance is a never ending journey. Finding a balance that serves each individual well can be a challenge. In this workshop, we take a look at variable lifestyle factors and the physiology of feeling 'balanced'. Participants are offered practical strategies to restore and maintain their own balance to promote optimal functioning. A game changing framework is presented and staff are challenged to take charge of their wellbeing with a focus on being PRACTICAL not PERFECT in order to achieve their own balance. Achieving balance is foundational to an individuals wellbeing.</p>
<p>Values-based Living</p>	<p>It is well-known that when we live a life that is aligned with our value-systems, we are more likely to have a greater sense of fulfilment and wellbeing. Adults are rarely given the chance to stop and reflect on their current values and how they might be impacting their daily decision making, actions and mood. This workshop gives participants a chance to celebrate their own individuality and uniqueness on a 'deep dive' to explore their personal values in a supportive way. Participants will leave with a practical framework, based on clinical learnings, on how to put values into action.</p>
<p>Setting and Achieving Meaningful Goals</p>	<p>Goal setting is the easy bit...'Making It Happen' is the tricky part. This workshop takes goal setting to a new level of practicality; resulting in meaningful engagement and change in each participant. We present a framework THAT ACTUALLY WORKS for setting and achieving goals. Staff identify one goal and 'do the work' to map their road to success, incorporating goal interrupters and strategies to overcome these.</p>

Team Building Workshops	
Psychological Safety & Workplace Relationships	Successful teams are built on a foundation of strong relationships... but relationships can be complicated! In this workshop, we walk teams through a relational framework and invite individuals to reflect on their own relationship patterns at work and beyond. We then provide staff with a simple step by step process that helps them to better-understand workplace relationships, repair ruptures and create a psychologically safe environment for all colleagues.
Values: What they mean for me and the team	Value systems influence thoughts and behaviours in every individual and when team members are given a chance to understand the value systems of others, they gain a deeper understanding of their colleague's motivations and actions. This meaningful workshop builds stronger teams by looking at individual value systems and how they play out at work. We hold staff in a supportive discussion and use structured reflection to provide insights back to the team.
Team Values, Organisational Values & Setting Goals	What do you want your team to be known for? What are the things that drive and motivate your team to be successful? So often we see teams operating without purpose and drive which limits potential and can cause issues across relationships, efficiencies and output. Sometimes teams have grown so quickly or experienced significant change that the culture of the team has inherently changed. In this workshop, we use principles from positive psychology and solution focused therapy to facilitate a team discussion on values, success and BAU operations. It's a great way to align individuals, create a culture that lives by the team values and set practical goals for the future.
Your Year in Review	Teams will be successful if they can reflect constructively on the past and move forward together. Think of this workshop as a big PAUSE button and give your team some time to reflect and plan. In this workshop, we hold a structured, supportive discussion on team achievements and learnings over the past 12 months. This is carefully done to ensure discussions are constructive and we bring the team together look forward to ways of working in the future.

Mental Health Workshops	
Mental Health Matters	A Mental Health Awareness session that explores stable and compromised mental health. We bust some "mental health myths" and provide a "what to do when" framework for anyone experiencing compromised mental health, or supporting someone else with compromised mental health. All of this with real life examples from the clinical lens of a Clinical Psychologist and Mental Health Counsellor working in the mental health space.
Compromised Mental Health: Supporting Self & Supporting Others	An important training session, especially for teachers on the 'front line', working with children and adolescents. We walk staff through 'what to do when' they are experiencing compromised mental health, or supporting someone else with compromised mental health. We use clinical examples from our own work, outline practical tools and strategies to help manage and refer range of clinical presentations and answer any questions that come our way!
Ask a Psychologist & Counsellor!	Panel sessions for Mental Health Awareness initiatives – ask us anything!

Individual Counselling / Coaching Service For Employees	
Resourcing Individuals	Invest in your most precious resource (your people!) with six confidential 1:1 coaching or counselling sessions. We offer individual care, wellbeing & mental health support sponsored by caring employers. Using a person-centred and solution-focused short-term model, employers can easily provide a prompt, timely & confidential intervention for their employees.

Price Guide

Individual Workshops

Choose individual workshops dependent on your needs. Most of our workshops can be adjusted to suit your desired timeframe.

60 min workshops

\$1250 +GST (for in-person facilitation + program materials + feedback reports)

90 min workshops

\$1745 +GST (for in-person facilitation + program materials + feedback reports)

Package Option: The Wellbeing Series

Perfect for forward-thinking organisations who want to set their wellbeing program schedule for the year. Our wellbeing series is rolled out as a set of four separate sessions - you choose any combination of sessions and watch your employees get comfortable with our style and engage deeply with our content! Scheduled at a pace to suit your team, individuals and teams have the opportunity to absorb the material in the workshop then apply it to the workplace leading to meaningful and sustained change.

4 x 60 minute workshops scheduled across the year

\$4600 +GST (for in-person facilitation) based on 60-minute workshop rate.

Package Option: Half & Full Day Options

Perfect for large volumes of participants or conferences, where we can run multiple workshops across one day for the same group or different groups of employees, depending on your needs.

Half Day: 3 x 60 min workshops on the same day

\$3450 +GST (for in-person facilitation)

Full Day: 6 x 60 min workshops on the same day

\$6800 +GST (for in-person facilitation)

Individual Counselling or Coaching Service For Employees

Confidential 1:1 counselling sessions for individuals or coaching sessions for high potential employees, offering individualised support sponsored by caring employers.

Package of up to 6 sessions/employee is \$1600 +GST



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