



Be mentally healthy *every day*

Virtual sessions; real-world skills.

To achieve peak performance in any field you need the right expertise. Professional athletes workout to improve how they perform, but what about professionals in the workplace, is there a 'workout' to help improve their capabilities? Yes, there is — it's our expert-led masterclass webinar series 'Be mentally healthy every day'. It's how you can boost the mental fitness of your team and give them the knowledge and practical skills to build resilience, strengthen focus and increase capability. It's like a mental fitness bootcamp that increases performance and improves wellbeing for any level of staff, including leaders.

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Expertise from the real experts.

Much more than simply 'raising awareness' of the issues, each session is facilitated by industry experts who have significant experience in their field, with a focus on developing real-world strategies and practical tools.



Week 1

Leading neurodiverse teams: unlocking strengths, not fixing differences

Wednesday, September 2 at 12pm AEST

Understanding how to recognise, support, and harness diverse ways of thinking is critical to building high-performing, inclusive teams. This masterclass explores how neurodivergent people experience the workplace; the unique strengths they bring, and the systemic and environmental barriers they may face. You'll learn practical strategies to create environments where all employees can thrive – driving innovation, engagement, and productivity.



Facilitated by: Sam Harper, Head of Service Delivery at Assure Programs, an experienced psychologist with 25 years of experience.

Week 2

R U OK? Starting meaningful conversations that matter

Thursday, September 12th at 12pm AEST

This masterclass helps you build practical, everyday skills for checking in with others in a supportive and respectful way. You'll learn how to recognise when someone may be struggling, approach conversations with empathy, and respond appropriately while maintaining boundaries. By building confidence and capability in these moments, you'll feel more equipped to realise when someone may need support and to respond in a way that feels genuine and helpful.



Facilitated by: Kristen Orazi, an accredited social worker with more than two decades' experience working with individuals, families and communities.

Nessie Srouji, an experienced counsellor who specialises in trauma-informed care, migration-related challenges, and grief support.

Week 3

Neuroscience of high performance

Wednesday, September 16 at 12pm AEST

The most important asset in any organisation is the brains of your people. The focus of this presentation is on how we can use neuroscience to improve learning, memory, productivity, innovation and, most importantly, health and wellbeing. In recent years, there's been a dramatic increase in our understanding of the human brain's capacity for productivity, innovation and creativity – and through neuroscience we can learn and adapt our practices to incorporate many of these findings into new strategies.



Facilitated by: Dr Mark Williams; an internationally recognised neuroscientist and bestselling author who has spoken to audiences across the globe.



Week 4

A physio's guide to testing your physical health — how do you stack up?

Wednesday, September 23 at 12pm AEST

In this masterclass, you'll learn how to assess your physical health using simple, evidence-based tests commonly used in physiotherapy and performance settings. You'll gain insight into how you compare to normative benchmarks, identify hidden weaknesses, and understand what your results mean for your overall health. Most importantly, you'll leave with practical steps you can take to improve your strength, mobility, and long-term physical resilience.



Facilitated by: Jerome Lugo, physiotherapist and the Practice Principal at Lifecare Malvern Sports Medicine. Jerome has a clinical interest in using a biomechanical approach to treating everything from osteoarthritis to running related injuries.

Week 5

Leading with confidence: essential skills for modern managers

Wednesday September 30 at 12pm AEST

This engaging masterclass helps you build the confidence to lead with clarity and impact, while developing a supportive and effective leadership style. You'll explore how to balance coaching and care with performance management, including navigating behavioural challenges and emotionally charged situations. Through practical frameworks and real case discussions, you'll gain tools to lead authentically while managing your own workload and responsibilities.



Facilitated by: Elisa Walther, a highly experienced psychologist with 30 years' experience consulting to, and working within, SME's and large organisations.

Week 6

How to hack your habits

Wednesday October 7 at 12pm AEST

Modern devices are driving many of us to distraction and hacking our normal habitual behaviour, which affects productivity, resilience, curiosity, creativity, and mental health. To help establish good habits, and get bad habits under control, you'll learn how habitual behaviour is adaptive, and that there are simple ways you can change habits to become more productive at home and at work.



Facilitated by: Dr Mark Williams, an internationally recognised neuroscientist and bestselling author who has spoken to audiences across the globe. Recently featured on 60 Minutes in the Brain Drain episode, he unpacked the emerging evidence on how digital devices are reshaping developing brains.

All 6 sessions, for *all your staff*.

For one price of only \$5,500, your whole team has access to the full six-session expert-led masterclass series.

Building better teams.

The skills and knowledge gained through these webinars will give your people the confidence and ability to keep life on track, personally and professionally, while being mentally healthy every day.

To explore these programs, or to find out more, [click here](#), or contact 1800 808 374.




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