

[CONTENT FOR CHAMBER OF BUSINESS WEBSITE – firststeps.co.nz]

Learning & Development:

A list of any training or learning opportunities that you can offer. Cost to deliver these, 1-1, 1-many, location, description of offering, offered online, or in-person.

i.e., Offer business owners a ½ day course in coping with stress in a Pandemic. Up to 7 leaders in one session. \$550 + GST ea. Location; Cordis Hotel.

Fresh Minds workplace wellbeing solutions

Supporting employee wellbeing and building thriving resilient teams is made easy with Fresh Minds because our team will work with you to provide:

- **Tailored workplace packages** – depending on your unique workplace needs Fresh Minds can put together one-off or a series of seminars and half day workshops covering a range of topics depending on your business need. Participants will be encouraged to identify strengths and struggles, enhance psychological flexibility to navigate business pressures, develop resilience strategies and commit to action to maintain employee wellbeing.
- **Professional development supervision**
- **Executive or life coaching**

Cost: packages can be tailored to suit a business's individual size and need

Fresh Minds webinars

Fresh Minds provides live and interactive webinars which employees can attend from the comfort of their own home, or workplace. Each webinar series consists of four sessions, held weekly over four consecutive weeks with each session lasting 45 minutes. The webinars are hosted live by a Fresh Minds clinician.

Topics:

- Managing anxiety
- Managing mood
- De-escalation training (great for employees working in customer service roles)
- Parenting, supporting your teens with their mind, mood and wellbeing
- Parenting through stressful times
- Mindfulness and me
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Webinar cost: \$99pp (four sessions, held weekly over four weeks, 45 minutes duration)
20% discount for groups of 10 or more registered.

Webinar and virtual coaching combo

Access to a Fresh Minds webinar series plus 4 x 15min virtual coaching sessions

Cost: \$200pp

In-person therapy/support:

A description of any therapy, support that you offer, your registration status, delivery method, and costs. i.e. a registered clinical psychologist, offering 1-1 sessions, from 60-90 mins. \$250 + GST per hr. In person, and online. Office based in Parnell, Auckland.

Fresh Minds in-person therapy

One-to-one conversations with your Fresh Minds therapist or coach can be either in-person or virtual via phone or video call. Together, you can decide the approach that works for you, simple tools designed around your life.

Options:

- Brief intervention, 60 min sessions, 1 – 4 depending on need. \$250 + GST per session
- Talking therapies, 60 min sessions, 4 – 8 depending on need. \$250 + GST per session
- Health and wellbeing coach, 30 min session, 1 – 6 depending on need. \$75 per session

Additional workplace-health provision

- Supported quit smoking programmes (free for employees)
- Workplace flu vaccination programmes (price on enquiry)
- Virtual GP service, access to trusted quality consultations from work or home via CareHQ

Find out more

Let's work together, at Fresh Minds we can tailor any of the above offerings to provide a unique workplace wellbeing package. Enquire today by emailing communications@freshminds.co.nz

Resources:

A list of your resources that you can provide. Identification, of cost if any, to download, description of resource, and any other requirements. i.e., a PDF document on Breathing tips – no cost.

Fresh Minds resources

Sample Resources available in training modules and downloadable PDF tip sheets

Topics

- *A Minute of mindfulness* - Keeping mindful, being aware and present
- *Navigating uncertainty* - tips to navigate unhelpful thinking
- *Achieving a healthy work-life balance* - prioritising time, setting limits and time for wellbeing
- *Virtual working self-care* - tips for self-care when working remotely
- *Committing to action* – commit to change the things you can control
- *Managing me* – as a manager making decisions for others requires grounding. Learn techniques for recognising workplace stress and managing staff
- *Mood management and barometer* - track your moods, and actively manage mood states to help you take charge of your emotions, rather than your emotions ruling you
- *The Rubber Band Test* - it is easy for one incident after another to impact your stress level, increasing tension until like a rubber band pulled thin, one more stressful moment creates a breaking point. – Tips for keeping slack in your personal rubber band
- *Keeping the Waka (Boat) Steady* - managing teams in uncertain times, making tough decisions and keeping morale up requires a steady hand at the helm. Tips for engaging the team to use resilience and coping strategies
- *Anxiety: alerts and Strategies*
- *Depression: alerts and Strategies*
- *Wellbeing in the Workplace Plans*

- *My Personalised R&R Plan*
- *My Stress Vax* - stress inoculation training

[View our providers section]

Fresh Minds

Fresh Minds is a social enterprise with over 18 years' experience providing clinically proven, trusted, quality services and tools to support people with their mind, mood and wellbeing. Fresh Minds provides a range of support for individuals and tailored packages for workplace wellbeing. www.freshminds.co.nz