

HEALTHY MINDS

EDUCATION ON STRESS, MENTAL HEALTH AND BURNOUT MANAGEMENT

DID YOU KNOW - That 20% of people suffered from a mental health condition before Covid AND NOW it is now estimated that 30-40% of people will suffer from a mental health condition per year after Covid.

DISCOVER - In this workshop you and your team will discover why managing stress, mental health issues and burnout is paramount to success in any business and achievable when the right steps are taken.

LEARN - How to prevent and manage stressful everyday situations that create the unhealthy disease-causing stress response in the body. Also learn how to create an environment of self-care best practise in the workplace in order to prevent burnout that impacts both the team and business.

UNCOVER - Simple techniques, strategies and easy habits that will keep your mind calm and healthy throughout the day in order for you and your team to be working at their best.

WHAT

- 2.5 hour, 1/2 or full day workshops online, at your workplace or Peregian Beach studio
- Resources supplied as required
- Stress prevention, healthy mind habits and education
- Stress awareness and correction techniques
- Relevant mental health workplace program

Program design and prices will be tailored to your business requirements and industry after consultation with you.

WHAT OTHERS ARE SAYING:

With Sandra being a hands-on coach, her knowledge and enthusiasm are priceless. She is looking out for me and supporting me every step of the way with encouragement and kindness. I have had access to a huge range of information, meditation, tools and mindfulness training.

I am learning how to take control of my stress, life and work through any issues I have. Sandra has my back all the way. I would definitely recommend Sandra Leigh Training and her Health and Wellbeing programs.



Mel Congerton