

Bringing out the best in your people



Training & Development in Wellbeing & Resilience

Creating a thriving and more productive workforce

HOWZIT GOING?

How well are your people doing?

Do they have the tools and techniques to meet everyday work challenges?

How well do they deal with stress, setbacks and constant change?

WORKPLACE WELLBEING

Research has shown that improvement in psychological wellbeing results in improved workplace performance. For every \$1 invested in developing mentally healthy workplaces, there is an average \$2.30 return.

If you're wanting to invest in your people, and create a thriving, productive workforce, we can help. Our training and development programs are full of evidence-based strategies for improving mental health, wellbeing and resilience.

PROUD TO HAVE SERVED:

TALK TO US IF YOU WANT TO...

- Build resilience
- Enhance psychological wellbeing
- Increase employee engagement
- Have better stress management
- Improve working relationships
- Reduce absenteeism and staff turnover

WHY CHOOSE MINDFUL EDGE?

Mindful Edge provides high quality training programs to enhance the wellbeing and performance of employees and managers. We take the time to listen, understand your context, and design programs to bring out the best in your people.

We are experienced facilitators with post-graduate qualifications in Applied Positive Psychology and Coaching.

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