

H.E.L.P

EMOTIONAL WELLBEING IN THE WORKPLACE



Did you know...

one in five employees
feel emotionally or
mentally unwell.

WHAT IS H.E.L.P.?

Healthy Emotional Literacy Program is a 3 hour evidence informed workshop (in person) designed to build employee emotional literacy and develop resilience.

Participants will gain a deep understanding of their own emotions and how they impact their behaviour and relationships in the workplace.

They will learn to recognise and regulate their emotions, understand the emotions of others, and how to communicate effectively, even in challenging situations.

The program can be tailored to your needs and suited to any group size.

We will also share more about Feel the Magic and ways to support grieving kids.

**"I NOW HAVE A LANGUAGE TO
SUPPORT MYSELF & MY COLLEAGUES
WHEN IN DISTRESS"**



Peter Maloney
Founding Member of FTM
Mental and Emotional Health Counsellor

HOW IT HELPS?

- Improves communication and team cohesiveness
- Supports managing difficult conversations
- Increases productivity and creativity
- Promotes wellbeing, resilience building and psychological safety
- Improves empathy levels, connection and customer service

EXPERIENCED BY



All proceeds support Feel the Magic's grief programs for children grieving the death of a parent, guardian or sibling.

HOW CAN YOU SUPPORT US?

- Awareness raising
- Fundraising initiatives
- Volunteer



FOR BOOKINGS & INFORMATION

- ✉ peter.maloney@feelthemagic.org.au
- 🌐 feelthemagic.org.au
- ☎ 0404 110 335