

## 4.1 'Keeping Sane™ and Growing Sane Teams'

1.5 hour presentation

- Recognise your unique situation, workloads and that not everyone in the team is at the same place at the same time.
- Identify factors of mental health problems.
- Introduce wellness ideas.
- Introduce the importance of 'planning together for everyone's wellness'.



## 4.2 'Workshopping a Wellness Plan' for teams

1.5 hour presentation

Done on the same day as the above 'Keeping Sane' workshop is a pre-requisite.

- Introduces fun activities for individuals or groups to identify the influence they can have on 'workplace mental health wellness'.
- Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.



Want something different and helpful to consider in our busy world?

## 5.1 'Keeping Sane™ in Our Relationships'

1.5 hour presentation

- Recognise your unique situation and the roles involved.
- Identify factors of mental health problems.
- Introduce wellness ideas.
- Introduce the importance of 'realistic perspectives and planning'.



## 5.2 'Workshopping a Wellness Plan' for your relationships

1.5 hour presentation

Done on the same day as any of the above 'Keeping Sane' workshop is a pre-requisite).

- Introduces fun activities for individuals or groups to identify the influence they can have on 'mental health wellness' in relationships.
- Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.

# FACT

## No one wants to 'loose their marbles'!

Do you want a workshop that:  
**people relate to;**  
**gets talked about; and**  
**gets happily attended?**

The  
**KeepingSane™**  
Suite of five workshops

All designed to provide information about mental health and wellness.

Brain Ambulance *specializes* in delivering mental health education to workplaces and community groups.



Contact Brain Ambulance  
info@brainambulance.com.au 0417 181462  
or visit [www.brainambulance.com.au](http://www.brainambulance.com.au)

BrainAmbulance®  
MENTAL HEALTH EDUCATION

## Want something different for your staff?

- Have you *done* 'team building'?
- Have you *done* 'stress management'?
- Have you *done* 'time management'?
- Have you *done* 'coping with change'?

Try something informative, practical and entertaining!

### 1.1 'Keeping Sane™ in a Busy Workplace'

1 hour presentation

- Recognise your unique workload.
- Identify factors of mental health problems.
- Introduce wellness ideas.
- Introduce the importance of 'connectivity'.

### 1.2 'Workshopping a Wellness Plan' for individuals and teams

1.5 hour presentation

Done on the same day as any of the above 'Keeping Sane' workshop is a pre-requisite.

- Introduces fun activities for individuals or groups to identify the influence they can have on 'workplace mental health wellness'.
- Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.



## Want something informative and useful for your region?

### 2.1 'Keeping Sane™ in Financially Tough Times'

1.5 hour presentation



- Recognise your unique situation and perspective.
- Identify factors of mental health problems.
- Introduce wellness ideas.
- Introduce the importance of 'realistic planning'.

### 2.2 'Workshopping a Wellness Plan' for Financially Tough Times

1.5 hour presentation

Done on the same day as any of the above 'Keeping Sane' workshop is a pre-requisite.

- Introduces fun activities for individuals or groups to identify the influence they can have on 'mental health wellness'.
- Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.

## Want something different for your families & community?

### 3.1 'Keeping Sane™ in a Tricky Family'

2 hour presentation

- Recognise your unique roles and associated challenges.
- Identify factors of mental health problems.
- Introduce wellness ideas.
- Introduce the importance of 'balance'.



### 3.2 'Workshopping a Wellness Plan' for Your Tricky Family

1.5 hour presentation

Done on the same day as any of the above 'Keeping Sane' workshop is a pre-requisite.

- Introduces fun activities for individuals or groups to identify the influence they can have on 'family mental health wellness'.
- Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.



Call 0417 181 462 or email [info@brainambulance.com.au](mailto:info@brainambulance.com.au)