

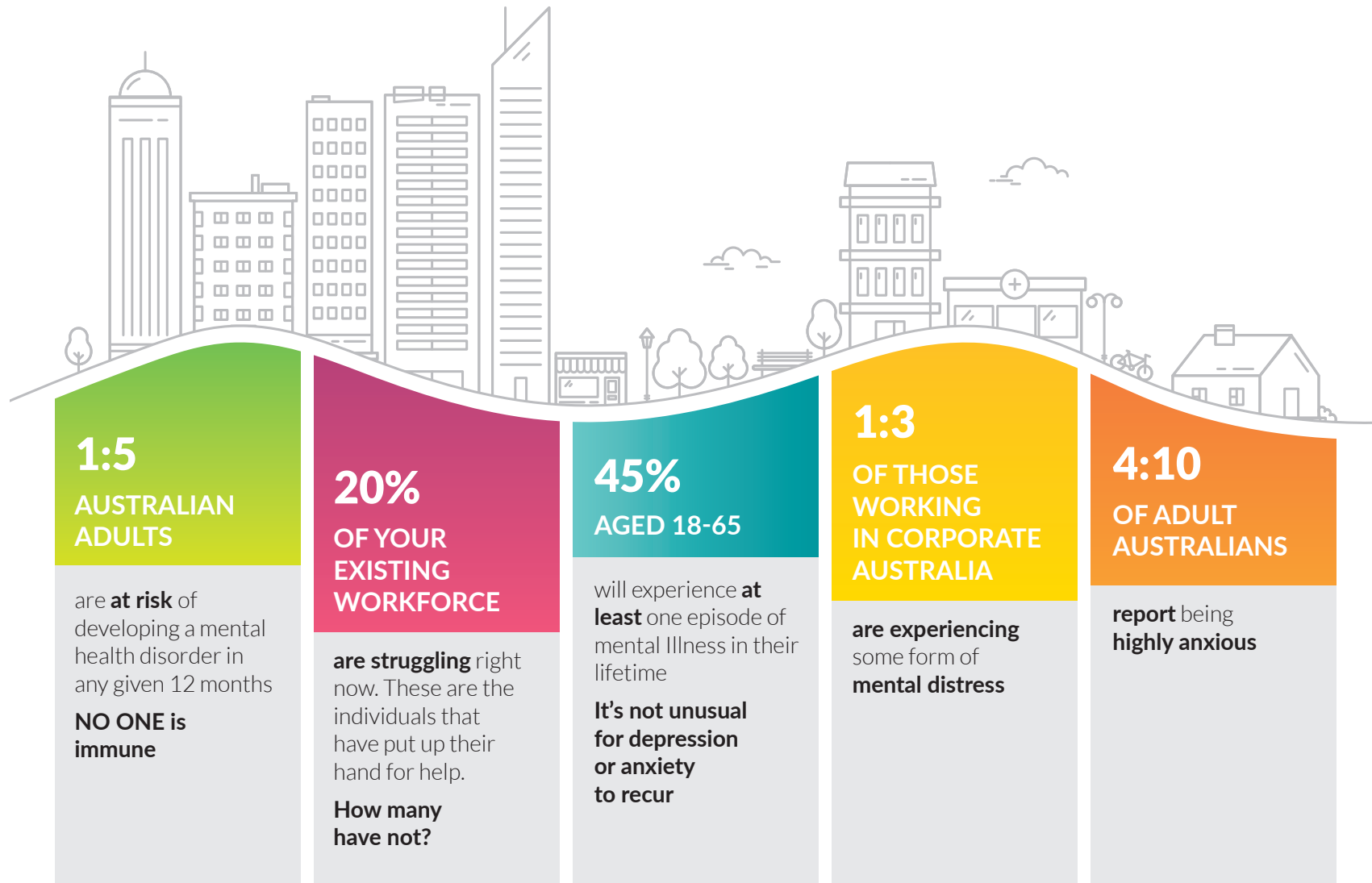


# Thriving by Design

Creating mentally fit, high performing  
teams in any environment

DR. JENNY  
BRÖCKIS

# 5 things to know






This is especially relevant as living through this time of a global pandemic has served to amplify the anxieties, uncertainties and worries previously bubbling under the surface.

With the timing of the resolution to the pandemic unknown and a mental health system already unable to cope with the demand to provide timely services prior to March 2020, the opportunity to do things differently and enhance and sustain mental wellbeing is NOW.



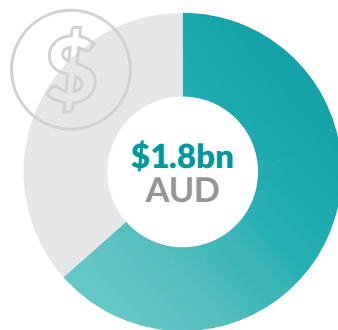


I know you want to have the confidence of knowing your workforce are mentally fit and capable of delivering what they themselves know they are truly capable of

# In Australia Right Now

I understand how the uncertainty of the ROI in investing in the mental wellbeing of your workforce during an economic recession can hold back your decision to proceed

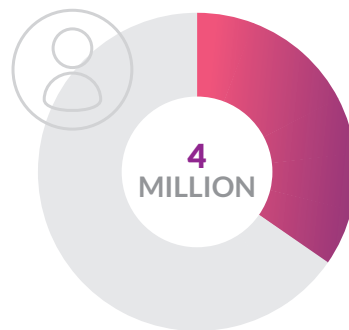
## IN AUSTRALIA RIGHT NOW



### ECONOMIC COST



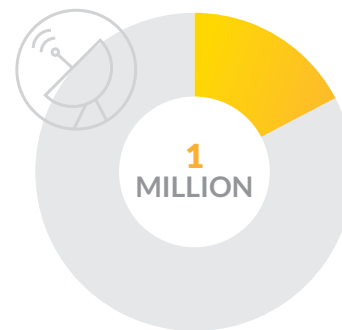
Annual cost of mental health disorders to the Australian economy (and rising)



### PREVALENCE



Australians living with mental health disorders (and rising)



### UNDER THE RADAR



Estimated number of those yet to be diagnosed

But with an average ROI of 2.3, can you afford **NOT** to?

I strongly believe the challenges of the modern workplace where overwork, high levels of stress, psychological distress that are leading to lower productivity, wellbeing and performance are **readily reversible.**





# Prevention is no longer an option

It is an essential component of organisational health in every workplace

I have developed the **Thriving by Design Program**, where I share the understanding the impact of stress on thinking and behaviour, how to promote a more positive mood, why mindset matters, the role of selfcare, the need for a strong social network, developing a sense of purpose, finding meaning in what you do and working to your strengths

This is a program based entirely on evidence-based science and positive psychology



# I will help you make mental wellbeing the NORM

Thriving by Design is anchored in a robust framework, where we work together to optimise results through the following process



01

## A BRIEFING CONVERSATION

to collaboratively identify key challenges, desired outcomes, and an accurate assessment of the current reality



02

## PERSONALISE THE PROGRAM

to adapt core content, milestones and timeframes to suit the stated and agreed outcomes



03

## BLENDED LEARNING

encompassing webinars, self-paced work, handbooks, and resources



04

## BESPOKE WELLNESS FRAMEWORK

at an organisational and individual level (optional)



05

## MENTAL WELLBEING CHAMPIONS

advocates from every level to invite participation



# Ready to take the next step?

BOOK YOUR CALL

My promise to you is to help you leave behind the overwhelm, over work and stress across your teams by creating more happiness, choosing to thrive and nurturing strong positive relationships. It's time to become the thriving high-performing team you know you can be.



# Thriving by Design

6 MONTHS SUPPORT FOR A THRIVING TEAM

This six-month mental wellbeing program delivered either virtually or face-to-face is for business leaders, teams, SME's and organisations seeking to make work, work better.

## Mental Wellbeing

An Introductory 90 Minute Webinar with recording made available

## Building a Thriving Mind

2 Hour Live Workshops (delivered live/virtual) x 1 per month, Months 1 through 6

- a. understanding the impact of stress on thinking and behaviour,
- b. how to promote a more positive mood,
- c. why mindset matters,
- d. the role of self-care,
- e. the need for a strong social network,
- f. developing a sense of purpose, finding meaning in what you do and working to your strengths.

# Thriving by Design

6 MONTHS SUPPORT FOR A THRIVING TEAM



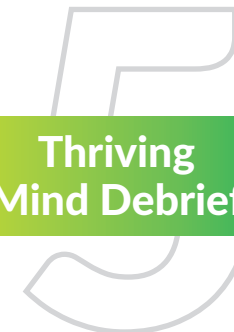
## Thriving Mind Blocks

Homework, self-paced activities, and additional resources to embed the learnings and support participants in changing thought patterns, limiting self-beliefs, and sabotaging behaviours.



## Thriving Mind Support

The availability of two 15 minute individual guidance and support sessions per participant which can be accessed at any time



## Thriving Mind Debrief

A monthly debrief session with all key stakeholders regarding the program and participant progress





# Key to Embedding Sustainable Results

**1**  
The development of a bespoke Wellness Framework for the business and individual to use, to embed the new learnings along with the establishment of mental wellbeing champions who will advocate participation and inclusion in the program.

**2**  
This framework starts to be shaped approximately one-third through the program at an organisational level, with individual frameworks devolved from the Organisational Framework.

**3**  
A 45-Minute Briefing Session to Key Stakeholders and Champions specific to the organisational Wellbeing Framework, and how to use the individual Frameworks

[BOOK YOUR CALL](#)

# Critical Success Factors



A total commitment to the process by business leaders and owners who choose to lead by modelling mentally healthy behaviours themselves



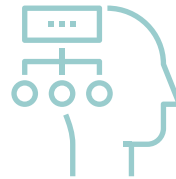
The invitation for all to participate at every stage of the program




Clarity and flexibility in the delivery of information and formation of new policies and processes



Making mental wellbeing the norm. This isn't a tick in the box quick-fix solution. This is about a sustainable and enduring change for the good of all.



It requires careful planning. While tempting to jump in feet first to get things happening, it's imperative that key goals and objectives are articulated, embraced and understood and a planning matrix outlined.

A group of diverse people in an office setting, looking at a computer screen and discussing work. The image is overlaid with a teal color filter.

I know the wellbeing of your team or business is important to you – so let's set up a time to discuss if the program is a fit for you, your team and your organisation

[BOOK YOUR CALL](#)



# About Jenny

As a kid, my favourite tale was Rudyard Kipling's 'How The Elephant Got His Trunk'.

Like the elephant I was insatiably curious about the world. It also got me into a bit of trouble, like the time I set fire to the kitchen during a chemistry experiment.

My curiosity led me to a career in medicine; first as Principal of a group medical practice and now as a board-certified lifestyle medicine physician and independent workplace-based consultant.

I love researching the science and translating it into useful strategies, and have just published my fourth book *Thriving Mind: How to Cultivate a Good Life* (Wiley)

What gets me out of bed in the morning is the opportunity to inspire people to be able to enjoy success at work AND a fulfilling life through my *Thriving By Design* Program that incorporates brain health, mental wellbeing and psychological safety.



Getting the best out of people doesn't come from wringing them out like a wet towel, it's about understanding what really motivates us as humans to work hard, stay curious to learn, come up with new ideas, and of course, know how to get along with people, especially those we don't consider like ourselves.

When not speaking or training you'll find me either cuddled up with a book, hiking in nature, or experimenting with new recipes in the kitchen.

Who I have worked with



PANDORA

ATCO

RioTinto



Higher Ed Services

