wellMIND™

RESILIENT OPTIMISTIC CAPABLE

WELLMIND™ ONLINE

Empower your people to thrive.

sentis education

sentiseducation.com.au

Our **mission**...

is to change the lives of individuals and organisations for the **better,** every day.

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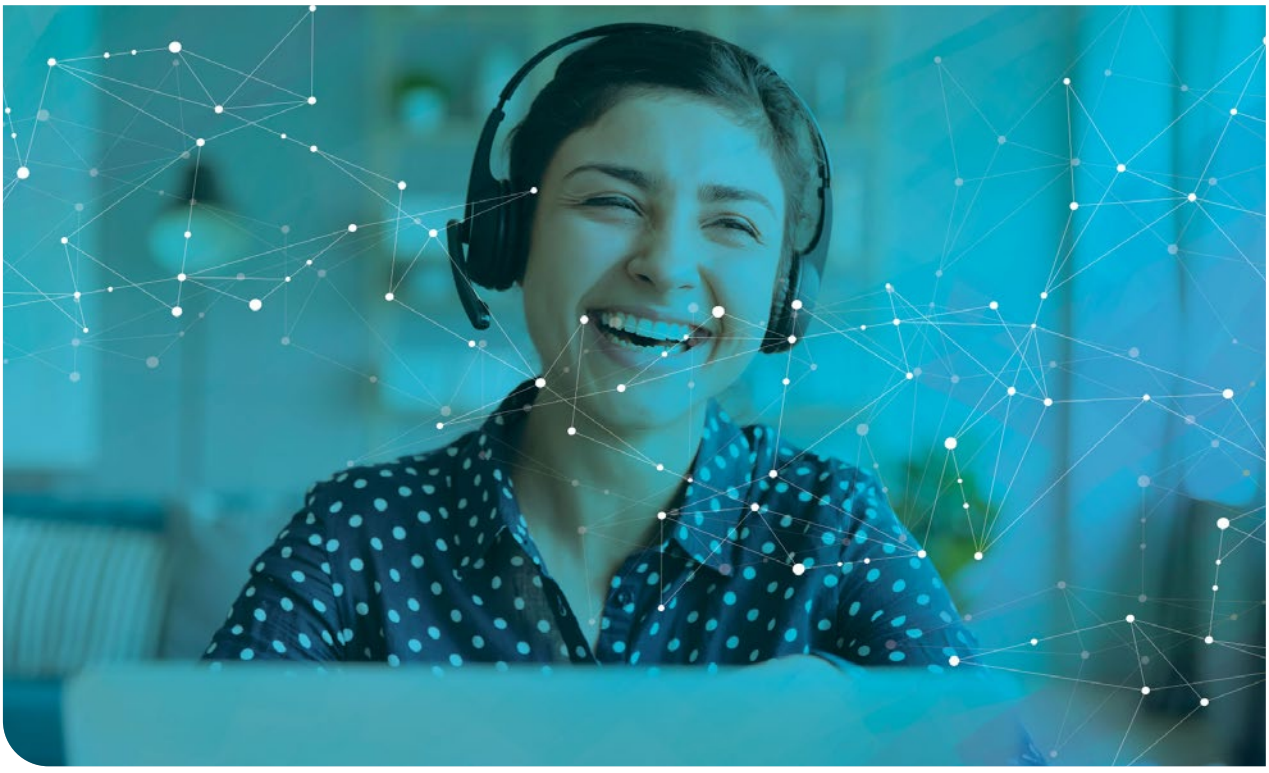
The **Challenge**

Are you supporting the resilience and wellbeing of your people to enable them to thrive?

At some point in time, everyone will be faced with change, challenges and stress in their lives. While some people manage stressful periods effectively, others struggle to cope and may find that work stress impacts home life, or home stress impacts performance at work.

Change, uncertainty or setbacks can lead to high levels of stress, distraction and anxiety. If left unmanaged, this can significantly impact the mental and physical health of workers. Mental strain can impact a worker's ability to focus, communicate effectively, maintain constructive workplace relationships and deliver quality outcomes.

It makes sense to support your people to thrive, particularly as many organisations are experiencing more uncertainty and change than ever before.

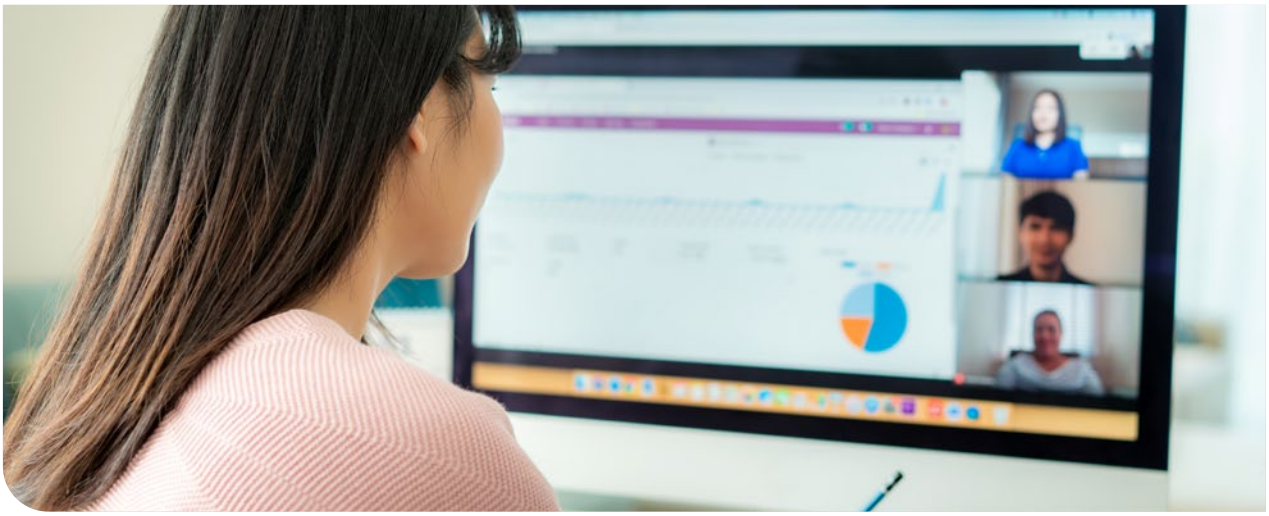


The **Solution**

The good news is that resilience is a skill that can be developed, and people who demonstrate this skill are able to bounce back from adversity, manage stress effectively, build trusting relationships with others, and show adaptability and agility to unpredictable or changing situations. That's why investing in resilience training and development is a smart choice. Supporting your people to actively manage their stress levels and make helpful choices to build their resilience will help them flourish in fast-changing workplaces and enjoy a happy and healthy life.

wellMIND™ Online supports your people to build the resilience and wellness needed to cope with stress, and the mental agility to effectively navigate change and uncertainty. Supported, resilient people contribute to creating a positive workplace culture and mark the difference between organisations that crumble in challenge and those that stand strong and transform.

wellMIND™ Online is an evidence-based program incorporating skills and strategies shown to create lasting psychological and physical health benefits. This program explores the neuroscience of resilience and introduces the Five Practices of Resilience we can master in order to cope with stress, gain the mental agility to effectively navigate change and challenge, and to truly thrive at work and at home. It gives participants insight into the way their brain works and what it needs to function clearly, calmly and optimally. **welMIND™ Online** provides participants with practical tools and life skills to take control of their thinking, feelings, behaviours and the results they get in life.



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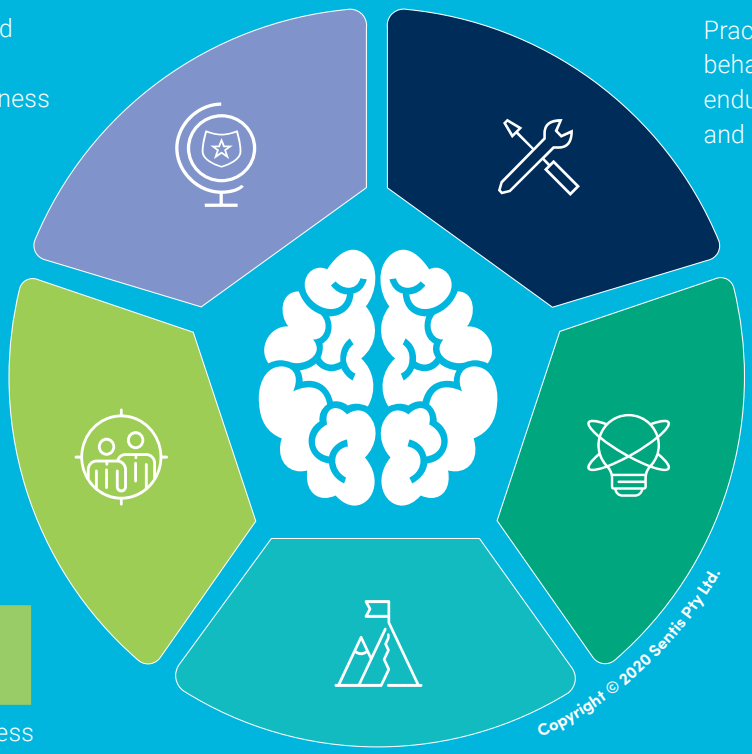
The **Five Practices of Resilience**

SOCIAL CITIZEN

Practicing kindness and contribution to foster community connectedness

ACTIVE AND ENGAGED

Practicing health and wellbeing behaviours that build endurance and promote mental and emotional recovery



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CONNECTED AND AWARE

Practicing self-awareness and social intelligence to build positive relationships and a sense of acceptance and belonging

OPTIMISTIC AND SOLUTION-FOCUSED

Practicing cognitive flexibility strategies that promote an emotional capacity for resilience

LIVING WITH PURPOSE

Practicing the pursuit of meaningful goals that accentuate one's strengths and values

Program Outline

Suitable for both leaders and teams, **wellMIND**™ **Online** focuses on the **Five Practices of Resilience**: Active and Engaged, Optimistic and Solution-Focused, Living with Purpose, Connected and Aware, and Social Citizen.

Additionally, a Leading Thriving Teams module is completed by leaders to gain an understanding of how to lead in a conscious and supportive way to influence resilience in others.

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| **Delivery** Options

To meet varying operational requirements, **wellMIND™ Online** is offered in three package options:

ONLINE SELF-PACED MODULES FOR INDIVIDUALS

wellMIND™ Online can be delivered via our self-paced learning platform, allowing participants to work through engaging and interesting online learning independently. Built on best-practice instructional design, **wellMIND™ Online** has been intentionally crafted to support the transfer of learning concepts back into the workplace.

OPTIONAL

+ leading staff resilience and wellbeing modules + embedding toolkit to support strategic implementation

+ leadership modules and student resource toolkit to facilitate a solid whole-school approach

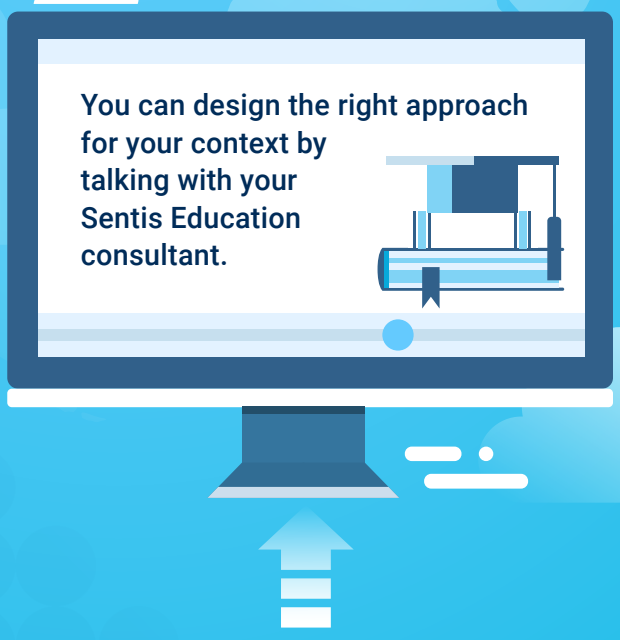
ONLINE MODULES + LIVE WEBINARS

Designed to encourage the transfer of skills and strategies from the training program back into the workplace, this option includes the self-paced online component PLUS discussions and opportunities for reflection via 60 minute webinars.

Delivered remotely by expert Sentis Education Consultants, all webinars are designed to encourage participants to apply the online learning content at work and home.

ONLINE MODULES + COACHING

This option incudes the self-paced online component PLUS individual coaching sessions to support leadership and/ or facilitation of wellbeing and resilience outcomes at work and at home. Delivered remotely by expert Sentis Education Consultants, coaching sessions are designed to encourage participants to apply their learning, discuss any questions and troubleshoot any challenges. You can work out the right approach for your organisation by talking to your Sentis Consultant.



The **Outcome**

Whether your organisational change journey is focused on wellness or resilience, the ability of your people to navigate challenging situations effectively will support you to achieve your goal. **wellMIND™ Online** provides your teams and leaders with effective strategies to enable them, and your organisation, to thrive at home and at work.

wellMIND™ Online is effective as a stand-alone strategy or as a component of a larger wellbeing strategy, and also complements a full **wellMIND™** rollout for broader wellbeing and resilience outcomes for staff and students.

wellMIND™ Online leads to:

- Increased employee resilience and improved mental and physical health outcomes
- Increased individual responsibility and accountability for health and wellbeing behaviours
- Greater ability to apply stress management strategies during challenging times
- Improved self-awareness and social connectedness which supports effective communication and constructive relationships
- Agile and adaptive workers who respond effectively to change and challenge
- Leaders role-modelling effective resilience and influencing resilience in others.

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Ready to see your team thrive at work and in life?

Get in touch with one of our expert consultants today.

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To discuss a fit-for-purpose solution for your school community, contact Sentis Education.

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