

MINDSEYE TRAINING AND CONSULTING

EMPOWERING WORKPLACES TO CREATE A PSYCHOLOGICALLY SAFE, MENTALLY HEALTHY CULTURE WHERE PEOPLE CAN THRIVE

OUR APPROACH

There is no one-size-fits-all approach when creating mentally healthy workplaces. Each organisation, team and individual is unique.

Building on existing initiatives and working collaboratively to uncover new opportunities, we partner with you to create a tailored roadmap that drives meaningful outcomes.

We are committed to understanding your unique context to deliver a range of solutions tailored to your workplace and your industry to create sustainable change, not to simply tick a box.

OUR PILLARS

Commitment

A workplace committed to mental health, wellbeing, and encouraging a culture where people can thrive

Connection

Meaningful connections to create a high performance culture

Confidence

A workforce of leaders and teams that feel capable of initiating and responding to conversations

Collaboration

An environment where people work together to create impactful outcomes

Conversation

A common language giving people tools to communicate about mental health

CONSULTING SERVICES



Psychological Risk Assessments



Training Needs Assessments



Policy and Procedure Documentation



Peer Support Program Design



Diversity and Inclusion



Leadership Coaching



EAP Needs Analysis and Selection



Consultation and Facilitation

MINDSEYE TRAINING AND CONSULTING TRAINING SERVICES

Developed in partnership with your organisation, we can create a program tailored specifically to your learning outcomes. We also offer a wide variety of lunch and learn sessions with a focus on the individual, team or organisation. Please contact us to discuss.

SUPPORTING OTHERS IN THE WORKPLACE

Neurodiversity at Work 3 hours	Mental Health First Aid (MHFA) 2 days	CLEAR Conversations for Leaders and Managers 4 hours
MHFA Booster Sessions 2 hours	Responding to Distressed Callers 3 hours	Managing Aggression in the Workplace 3 hours
Managing Mental Illness in the Workplace 4 hours	Critical Incident and Crisis Management 4 hours	Vicarious Trauma / Compassion Fatigue and Burnout 2 hours
The Accidental Bully 2 hours	Supporting Menopause in the Workplace 3 hours	1 Day Wellbeing Conversations at Work 1 Day
1 Day Mental Health Toolkit for Managers and Leaders 1 Day	Recognising and Managing Burnout 3 Hours	

SUPPORTING THE INDIVIDUAL

Mental Fitness 8 hours	Energy Management 2 hours	Improving Sleep 2 hours
Distress / Stress and Self Care 4 hours	Grief and Loss 3 hours	Boundary Management 4 hours

STRENGTHENING ORGANISATIONAL PRACTICES

Enhancing Wellbeing: Psychosocial Influences at Work 2 hours	Cultural Safety in the Workplace Varied	Trauma Informed Practice / Trauma Informed Care 3-5 hours
Peer Support Program Training 3-5 hours	Building Psychological Safety in the Workplace 4 hours	Bystander Training Varied