

Corporate Programs





INTRODUCTION

The Banksia Project is a mental health charity, offering ongoing support programs by using evidence-based practices that build resilience and improve mental health and wellbeing.

We do this by empowering the community through "mates supporting mates" - enhancing social connection, building resilience and ultimately, encouraging early intervention before crisis point.

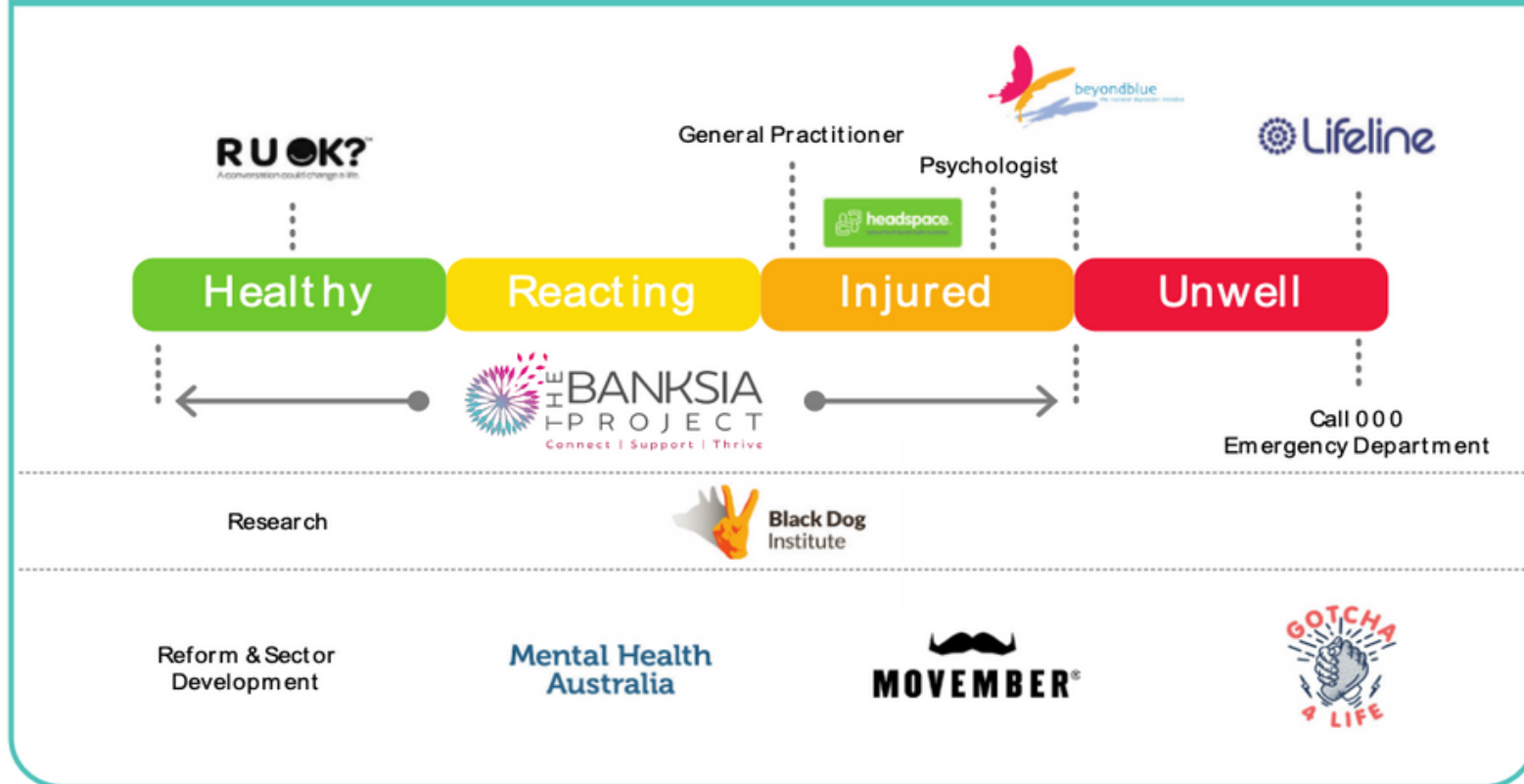
A photograph of three men sitting at a table, laughing and smiling. The man on the left is wearing a dark t-shirt and a watch, holding a white cup. The man in the middle is wearing a light-colored button-down shirt and a watch. The man on the right is wearing a light-colored t-shirt. They are all looking towards the center of the table. The image has a teal-to-pink gradient overlay.

The Banksia Project is different
to other charities operating in
the Mental Health space.



Where Do We Fit ?

Mental Health Spectrum



OUR PROGRAMS

The Banksia Project runs corporate training and wellbeing programs to ensure your teams are maintaining happiness and health whilst developing grit and resilience.

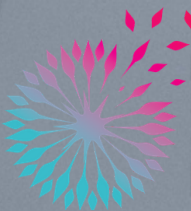
We believe this to be fundamental to individual, team and organisational performance, particularly in high pressure environments.



COLLABORATION

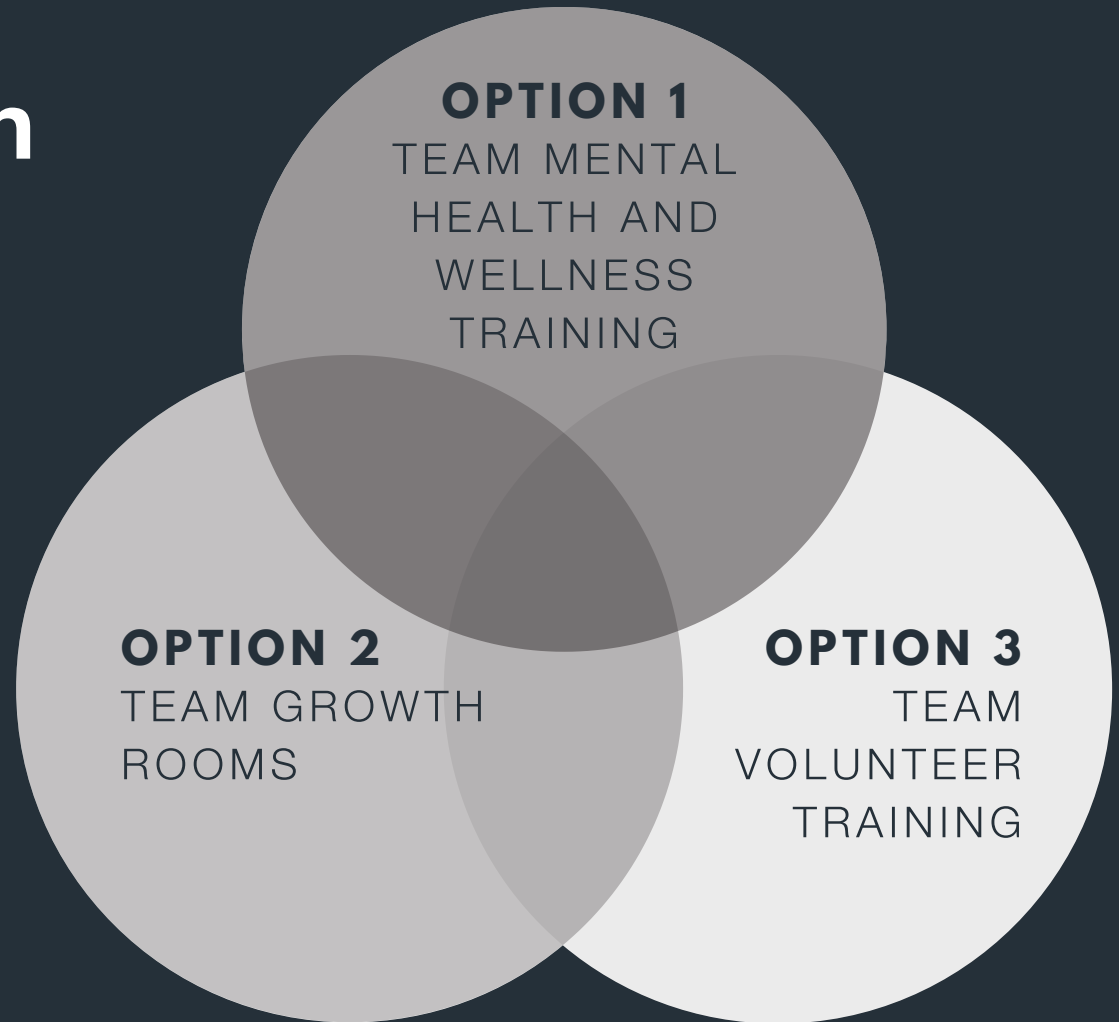
We work collaboratively with our corporate partners to ensure our programs are tailored appropriately to your needs, providing maximum impact.

Our co-design model ensures that program implementation is relevant and appropriate to its target cohort. We also provide messaging which is consistent to your organisation's wellbeing strategy and existing safety structures.



We Provide 3 Main Program Options:

THESE CAN BE DELIVERED INDIVIDUALLY, OR AS PART OF A MULTI-PHASED IMPLEMENTATION



COVID-19 Response

WE HAVE DESIGNED AN ADDITIONAL CORPORATE PROGRAM TO SUPPORT TEAMS IN THEIR RESPONSE TO THE COVID-19 PANDEMIC

Course Options:

- Fundamentals of Mental Health
- Individual self-care
- Building resilience and grit
- Performance under pressure
- Managing people through COVID-19
- Executive team mental health strategy
- Working from home safety
- Facilitating safe conversations
- Peer-based intervention
- Identifying challenges remotely
- Remote working connection strategies
- Supporting others through challenges
- Understanding and supporting those in crisis

DELIVERY OPTIONS:

1 HOUR
2 HOURS
½ DAY
FULL DAY



OPTION 1

TEAM MENTAL HEALTH AND WELLNESS TRAINING

We provide a range of topics and allow key organisational stakeholders to define course structure.

- Fundamentals of Mental Health
- Individual self-care
- Empowerment to deal with challenges
- Exploring emotional conversations
- Facilitating safe conversations
- Peer-based intervention
- Supporting others through challenges
- Understanding and supporting those in crisis

Delivery Options:

1 Hour

2 hours

½ Day

Full Day

OUR TEAM WELLBEING PROGRAM PROVIDES A MULTI-FACETED APPROACH WHERE WE NOT ONLY EDUCATE AND PROVIDE ESSENTIAL SKILLS, WE ALSO EMPOWER TEAMS TO APPLY LEARNINGS TO ENSURE PEERS ARE COMFORTABLE WITH HAVING HONEST AND TRANSPARENT CONVERSATIONS



OPTION 2

TEAM GROWTH ROOMS

The Banksia Project delivers tailored Corporate Growth Rooms, which provide a safe space for colleagues to connect with one another, learn about mental health and engage in supportive, safe conversations.

These are regular, ongoing sessions which also link in closely with organisational EAP sessions

Corporate Growth Rooms can be delivered both physically and virtually and can be utilised to connect workforce teams or alternatively, connect individuals across an organisation.

**DELIVERY STRUCTURE:
WEEKLY, FORTNIGHTLY OR
MONTHLY FREQUENCY
1-2 HOUR SESSIONS**

**ALL SUPPORTED BY MENTAL
HEALTH CLINICIANS**

**GROWTH ROOM CONTENT IS
TAILORED TO THE
INDIVIDUAL
ORGANISATION AND
SPECIFIC MODULES ARE
DESIGNED TO TARGET
COHORT NEEDS.**





OPTION 3 VOLUNTEER TRAINING

Put your team through our Growth Room Facilitator Training Program, so that they can be mental health champions within their community!

Approved Facilitators may then provide ongoing support through a Growth Room either in-house, or as part of your wider network. This is a great opportunity for employers who want to empower their team to volunteer and give back.

As a volunteer, individuals will not only guide others towards mental health and wellness, but also experience this journey themselves as a fellow peer.

Delivery Options:

Face-to-Face

Virtual

Full-Day

Half-Day with pre-work



PROGRAM FEEDBACK

TEAM WELLNESS TRAINING

How useful did you find the content of the training program?

91/100

How did you find the presentation of the training program?

93/100

How valuable do you think the information is for improving your own health and wellbeing?

95/100

How valuable do you think the information is for supporting others?

94/100

How likely would you be to recommend the training program to others?

91/100

"Fantastic Program. Many aspects helped me personally, whilst others helped me with strategies that are actionable within my role to better support others"



PROGRAM FEEDBACK

TEAM GROWTH ROOMS

Did the Growth Rooms help you deal with challenges you are facing?

95% - Yes

Are you better equipped to deal with your own mental health after the Growth Room?

95% - Yes

How valuable do you think the information is for supporting others?

94/100

Did you feel more connected with and supported by your colleagues after the Growth Rooms?

88% - Yes

How likely would you be to recommend a Corporate Growth Room to a family member, friend or colleague?

92/100

"I found it helpful in that it gave validation to some of my feelings and helped me see that others feel the same. I was particularly surprised that someone I had worked closely with and greatly respected had the same feeling and experience."



**"We need to stop just pulling
people out of the river.**

**We need to go upstream and
stop them from falling in"**

DESMOND TUTU



**If you have any enquiries or
would like to know more about
our Corporate Programs please
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