



Caring for Wellbeing

Wellbeing, Resilience &
Performance Education



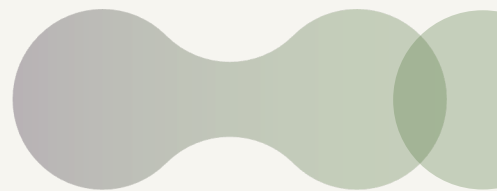
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Inspiring Connections

leadwell

Caring for Wellbeing



'Fast Track to Wellbeing' Program

Feeling Tired ? ... Stressed ?.. Anxious ?... or Burnout ?.... We are all living busy and complex lives, balancing the challenge of work, family and personal commitments – all of which impacts our wellbeing.

Our wellbeing is constantly in a state of flux: from thriving (high levels of wellbeing) when we are feeling good and functioning effectively, to struggling (low levels of wellbeing) as we navigate challenge and the natural highs and lows of life.

Our ability to cope with life's challenges is dependent on our **Wellbeing Ability** – our capacity to take action to care for our wellbeing with the knowledge, skills and strategies to navigate life and thrive. When we understand what actions we need to take to meet any challenge, we can not only help ourselves to thrive, but also those we care for and lead – our family, friends, colleagues and community.

Our workplaces provide an opportunity for us to engage in ongoing learning and development, meaningful achievement, and connection with others, which supports our wellbeing. When we feel physically, mentally and emotionally well, we're able to bring more energy, focus and motivation to our work.

leadwell provides the latest wellbeing, neuroscience and positive psychology education to help support peoples' Wellbeing Ability, so they have the tools to feel good and function effectively more often.

The 'Fast Track to Wellbeing' Program is delivered over four (4) x 3hr workshops ideally on a fortnightly basis, across an 8 week period. Each workshop is facilitated in an interactive style and provides participants with the best opportunity for learning, personal reflection and actionable takeaways to manage their stress and wellbeing. **Option of 6 x 2hr sessions can be provided and schedule to suit best.*

Program Support:

- o Fast Track to Wellbeing Workshop Booklets
- o Professor Martin Seligman's PERMAH Wellbeing Survey and Individual Report
- o 1 on 1 Wellbeing Survey Debrief Meeting with Wellbeing Performance Coach
- o Tips, Tools and Strategies to support Stress management and Wellbeing

"It has been a great program. I really enjoyed the content and learning about how I could implement strategies to better manage my stress and wellbeing. An excellent initiative from Perks to invest time in us as people." – Perks Accounting & Wealth Advisers Employee

For an insight into our wellbeing workshops in action please click [here](#)

For more information or to book a Program for your team or organisation please contact:
brett@aledacollective.com



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Program Outline

The LeadWell **Fast Track to Wellbeing** involves four (4) x 3hr sessions scheduled across an 8 week period, allowing participants the time to implement new learnings and strategies into their daily lives between each session. Each workshop provides the opportunity for reflection on what's working well and identifying the areas of wellbeing for improvement. Program content is grounded in the latest wellbeing, leadership, neuroscience and positive psychology research, and utilises Professor Martin Seligman's evidenced-based **PERMAH** Wellbeing framework. Participants will learn about:

Session 1: The Science of Caring For Wellbeing & Feeling Good More Often

- Defining wellbeing and what impacts our Mental Health
- Developing the ingredients we all require to feel good and be resilient
- Where is my wellbeing at currently and what requires my attention
- Proven strategies to manage unhealthy stress
- Breathwork to calm a busy mind and regulate the nervous system
- The value of positive and negative emotions and the messages they send
- The art of reframing our thinking to elicit a positive and optimistic response
- How to actively recharge our positivity

Session 2: The Strength in Engagement & How to Create Stronger Relationships

- Identifying our strengths – the things we are good at and enjoy doing
- How strength spotting in others improves our relationships & team performance
- The 5 elements to building trusting relationships
- The value of curiosity over judgement
- The power of psychological safety
- How appreciative questions build authentic connections
- Why we all share the same psychological needs

Session 3: Why Meaning Matters & Accessing Accomplishment

- Why a sense of meaning and purpose in our work is important
- The importance of feeling like what we do makes a difference
- Identifying purpose over pleasure
- How the stories we tell ourselves shape the way we think, act and feel
- Why a growth mindset helps us achieve more and improves our wellbeing
- How embracing failure helps us to be better

Session 4: Heightening our Health & Successfully Changing Habits

- How to maximise rest, recovery and rejuvenate effectively
- The lost art of being mindful
- How to avoid information overload and get the mental recovery we need
- How to move well, sleep better and eat wisely
- Why tiny is mighty when it comes to behavioural change
- How meditation can provide us with calmness, focus and energy

Each program participant receives:



PERMAH Wellbeing Survey Report and Personal Wellbeing Plan



1 on 1 Wellbeing Survey Results Debrief Session (45mins)



Workshop Booklet including learnings, hacks, strategies and reflections



LeadWell *Fast Track* to Wellbeing Program Certificate

Caring for Wellbeing – Our Team



Brett Burton
Wellbeing Director

Brett is a Wellbeing and Leadership Facilitator, Speaker and High Performance Coach. He is a former AFL player with the Adelaide Crows, playing 177 games across 12 seasons and fulfilled roles as the AFL Players Association President and the Laws of the Game Committee member during his time. Brett completed an honours in Applied Science (Human Movement) during his playing career.

After retiring from playing Brett spent 10 years in key leadership positions as High Performance Manager at the Brisbane Lions and Head of Football at the Adelaide Crows. He now utilises his background and advanced knowledge in Human Science to develop people holistically.

Brett is a dedicated father of five, who loves the art of meditation and has a healthy determination to educate and inspire people to care for their wellbeing and be the best versions of themselves. He has a vision to enable every school-aged child access to the practice of meditation.



Zoe Mills
Wellbeing Facilitator

Zoe is a wellbeing facilitator and coach with a background in Health and Psychology, having completed her double degree in Human Movement and Psychological Science (Counselling and Interpersonal Skills). She is a dedicated contributor in her local community, actively involved in a variety of youth development programs.

Zoe is passionate about combining her knowledge and experience across physical health and psychology to empower people to live a holistically healthy lifestyle.



Sam Healy
Wellbeing Facilitator
& Meditation Coach

Sam is a wellbeing facilitator and meditation and breathing coach. He was a former Primary School teacher, wellbeing leader and meditation coach at Aldinga Primary School. He began his meditation journey in 2018 and has been active in educating his local community on the benefits of meditation as well as successfully piloting a meditation program for 25 teachers and 500+ children at Aldinga Primary School in 2021. Our vision is to expand this program as a Social Venture with the aim of reaching 30,000 students in SA over a 3-year period.

As a passionate educator and father of two, Sam's vision is to empower more communities to deeply connect with their mental health and wellbeing through meditation.

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Creating a world of collaboration

At Aleda we work with leaders of industry, sport, education, and the arts.

We work with empowering leaders to create a world of collaboration by bringing these sectors together to help shift leadership, management, and wellbeing globally.

We do this by supporting people to learn, lead, and collaborate.

leadlearn
Developing Leaders

leadconnect
Connecting Leaders

leadreflect
Empowering Leadership Capacity

leadwell
Caring for Wellbeing

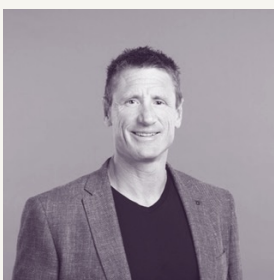
The Aleda Team



Matt Wadewitz
Managing Director



Luke Darcy
Innovation/Partnerships



Brett Burton
Wellbeing Director



Damian Hill
GM - LeadLearn



Sam Healy
Wellbeing & Meditation
Facilitator



Jo Matthews
Executive Assistant



Zoe Mills
Wellbeing Facilitator



Stacey Morlang
Aleda Facilitator

Thank you

Any questions about this program
please contact brett@aledacollective.com

aledacollective.com

