



# Employee Resilience & Wellness Program



**The Employee Resilience & Wellness 10 Week Program** will provide all employees with the tools to manage stress & overwhelm more effectively, provide a more coherent team environment & improve mental wellness.

UNEARTH NEW LEVELS OF ENERGY, CONFIDENCE & CLARITY

PROUD BUSINESS PARTNER OF



[qualitymindglobal.com](http://qualitymindglobal.com)

## Program Outline

LIVE ONLINE SESSIONS

1 X 60MIN WORKSHOP

FOLLOWED BY 9 X 20MIN WEEKLY WELLNESS SESSIONS

9x 20  
MINUTE  
WEEKLY WELLNESS  
SESSIONS



1x 60  
MINUTE  
WORKSHOP



- ★ Reprogramming your mind to improve resilience
- ★ What's holding you back from reaching your potential?
- ★ Understanding the power of your thoughts - 6 Stages of Mindful Alignment
- ★ Tools to eliminate stress & burnout - Thought Shopping
- ★ Understanding how to use the Quality Mind App
- ★ Introduction to the 20 min weekly Wellness Wednesday Sessions

- 1 New tools & tech on how to quickly become the best version of yourself - Plus an intro session for the next 9 weeks.
- 2 The tools & tech to help you coach yourself to happiness.
- 3 The tools & tech to reduce overwhelm, burnout & fatigue.
- 4 The benefits, the types, the tools & how to meditate.
- 5 The power & importance of your thoughts.
- 6 The tools & tech to remove personal blockages that you may or may not know even exist.
- 7 The tools & tech to improve relationships with yourself & with others.
- 8 How to manipulate your emotions for good to increase energy levels for improved health & happiness.
- 9 The tools & tech to navigate uncertainty during uncertain times.

Simply call 1300 QMLIFE or 1300 765 433

Email us at [support@qualitymindglobal.com](mailto:support@qualitymindglobal.com)

Find us online [qualitymindglobal.com](http://qualitymindglobal.com)



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