

“Few workshops **deliver as much value** in two days,  
and even fewer will **impact your daily life so positively**.”

Kyle Snow Schwartz Flux Federation

CoLiberate **2020 Catalogue**

**Mental Health**

Training + Practice + Strategy

CoLiberate

## Impactful Strategic Services

### Organisational Health Check

Wellbeing Progress Audit

Assessing effectiveness of current wellness initiatives, celebrating successes, identifying areas for high impact improvement, and mapping a pathway towards an organisational wellbeing strategy.

### Wellbeing Strategy

Co-Design + Strategy Development

Ground-up strategy development for your organisation enabling wellbeing processes and core resiliency. Co-designed in a bespoke process tailored to your needs, our wellbeing strategies provide practical pathways to keeping your business safe and your people thriving.

## Responsive System Services

### Wellness Action Planning

Toolkit Implementation

Toolkit for creating individualised wellness plans for employees, developing key self-responsibility, and enabling expanded comprehension of support.

### Incident Response Development

Custom Planning + Delivery

Planning and practical support for organisational and individual responses to critical mental health events impacting your business and your people.

I cannot recommend CoLiberate enough. For my **colleagues who have thanked me endlessly** for assisting them through their time of need, and for **providing me with the tools** to help those around me as well as myself. **They are genuinely life savers.**

Katie Boyle **Vodafone NZ**

# Experiential Capability Services

## Workplace Impact

Presentation

1 Hour

An invitation for your organisation to begin to understand the powerful impact it can have on employees' wellbeing, mental health and ability to contribute to their workplace.

## Self Aware

Workshop Series

2 x 2 Hours

Introductory workplace sessions covering multiple approaches to care, awareness of personal mental health indicators and identifying individual support processes for employees and leaders.

## Team Aware

Workshop

1/2 Day

Foundational workshop focusing on key attitudes, understandings and techniques critical to developing effective mental health awareness within your organisation.

## First Aid Certificate

Skills Training + Practice

2 Days

Professional skills training in Mental Health First Aid approaches, techniques and practices. Participants achieve CoLiberate's acclaimed MHFA Certification - valid for two years.

## Leadership First Aid Certificate

Custom Skills Training + Practice 2 Days

Mental Health First Aid training tailored to the specific needs of your people managers, and the practical environment your organisation operates in.

## First Aid Enable

Workshop + Co-Design

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1 Day

Practical reflection and planning with your first aiders and other people leaders, creating clear action points to enable more effective MHFA across your organisation.

## Work Action

Coaching Workshop

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1/2 Day

For all those who have CoLiberate's MHFA Certificate - a chance to refresh and practice skills, receive coaching relevant to your organisation's context, and further develop confidence to use MHFA.

## First Aid Recertification

Skills Refresh + Update

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1 Day

CoLiberate's MHFA Recertification includes a practical skills refresh, updating of current practices, and action-based reflections of MHFA within your organisation.

## Effective Empathy

Leadership Training

1 Day

Techniques, approaches and strategies for effectively navigating diverse management, support and outcome requirements for those in leadership positions. Develop personal approaches to people care, specific to the nuanced challenges of your organisation.

## Bespoke Programmes

Custom Training + Development

Mental Health training tailored to your organisation's needs and environment, developed through co-design deep dives with key personnel. Flexible delivery options, with a suite of wellbeing tools and approaches available for customisation.

- + Programmes requiring organisations to have CoLiberate MHFA capability
- ++ Programmes requiring all participants to have CoLiberate MHFA certification

CoLiberate

“CoLiberate MHFA needs to be an **integral part of all training programmes** in large corporate entities in NZ.”

Judith IAG Insurance

CoLiberate’s approach is centred in building care and capability across organisations and communities. We **create resilient networks of support** in your workplace to **keep your business safe**, and **your people thriving**.

Our capacity building programmes focus on **enabling people** to respond well to inevitable mental health challenges at work and beyond. Participants come away having **practiced and integrated** the skills and tools it takes to recognise and **support anyone** experiencing a mental health challenge. We’re focused on expertising your people to offer **critical peer support**, and build effective **decentralised systems of care** in your organisation.

We’re creating **a future in which each and every one of us have the support we need to thrive - are you with us?**

To find out more and discuss how we could contribute to your business or organisation **please get in touch**

**hello@coliberate.co.nz**

The logo for CoLiberate, featuring the word "CoLiberate" in a white, handwritten-style script font.