



OUR MINDS
at **WORK**

Mindful Champions Wellbeing Programs

*Building Resilient, Confident, and
Caring Peer Support Leaders*

2026



ourmindsatwork.com.au
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Mindful Champion Wellbeing Programs are a suite of structured, practical support pathways designed to develop mental fitness, resilience, and wellbeing leadership in the workplace.

From foundational peer support to advanced organisational wellbeing and compliance, each program equips leaders and team members with the tools, guidance, and confidence they need to support themselves and their teams — creating safer, healthier, and more supportive workplaces.



Connect: Foundational peer support and guidance for Mental Health First Aiders (MHFAiders)



Strengthen: Build confidence, capability, and resilience as a people leader



Empower: Comprehensive wrap-around support for wellbeing and WHS compliance



CONNECT

INVESTMENT

Full Package includes MHFA
\$685.00

Already a MHFAider
\$290.00

The Connect Program is your foundation for confident, caring peer support in the workplace.

Designed for people who provide informal wellbeing support, Connect gives you a steady, supportive framework to help you navigate real conversations with colleagues.

After completing your Standard Mental Health First Aid course, you'll receive 12 months of ongoing, caring guidance through our Peer Support online platform.

You'll also have access to personalised check-ins and email support, helping you feel grounded, confident, and never alone when supporting others.

Connect ensures you always have somewhere to turn — and someone to turn to

Perfect for:

- Peer Support Champions
- Team members offering informal wellbeing support
- Staff new to MHFA or peer-support roles

STRENGTHEN



INVESTMENT

Full Package includes MHFA
\$1620.00

Already a MHFAider
\$1400.00

The Strengthen Program builds your confidence, capability, and mental fitness as a people leader.

Designed for leaders who want to grow their skills and support their teams more effectively, Strengthen provides structured, practical development delivered over 12 months. After completing your MHFA certification, you'll gain access to a suite of supportive tools and learning experiences, including:

- One-hour session with a psychologist for personalised leadership guidance
- PR6 Resilience Intro workshop & personal assessment
- Psychological Safety / Psychosocial Hazards, Introduction & Leaders Workshop
- Online skill-building resources to help translate learning into daily practice

This program equips leaders to stay calm under pressure, set healthy boundaries, and support their people through challenges — without burning out.

Strengthen helps you develop into a more resilient, capable, and compassionate leader.

Perfect for:

- Team Leaders, Supervisors and senior staff
- Anyone responsible for people wellbeing conversations



EMPOWER

INVESTMENT

Full Package includes MHFA
\$2110.00

Already a MHFAider
\$1800.00

The Empower Program is our most comprehensive level of support—purpose-built for the people responsible for organisational wellbeing, safety, and compliance.

Over 12 months, you'll receive a full wrap-around system of wellbeing and WHS support. Alongside gaining your Mental Health First Aid (MHFA) accreditation, you'll benefit from:

- Three one-hour psychology sessions for personalised guidance
- PR6 Resilience training with personal assessment
- Psychological Safety / Psychosocial Hazards, Introduction & Leaders Workshop
- Access to WHS and Psychological Safety Templates
- Online skills training modules and the latest research papers
- Peer Support platform access, including phone-based support

Empower gives leaders both the human tools and the compliance tools needed to build safer, healthier, and more supportive workplaces.

Perfect for:

- HR and People & Culture leaders
- Small business owners
- WHS, risk, and wellbeing decision-makers