

Blueprint to Wellness

Level up your organisation with
Holistic Health & Wellness

"Thriving organizations prioritize mental health and wellbeing, recognizing that a culture of support, compassion, and understanding is the key to unlocking the full potential of their people."

Learning how to nurture your body and mind in a natural way so that we can compliment professional services, therapy or medication on our quest to find our self worth, value, true belonging and purpose. Our blueprint to Wellness is designed for those who want to become the best versions of themselves. A tailored Phase of workshops, scaffolding from gig to gig to build a greater skillset and understanding.

Evaluation and Program Effectiveness

99%

of adults were satisfied with the B2W Program

47%

of adults positively changed their opinions about mental health related issues

80% +

participants said the program opened up conversations with mental health following our facilitation.

I wasn't sure what we would get out of the workshop. I must say that i was very impressed and the 35 people that we had in the room all enjoyed and gained something out of the works shop. What a great speaker and an amazing story. I has definitely left an impression on me and so many things i can take on my life's journey.

“ Dean Miller (Miller Civil) ”

Matt ran an amazing workshop for our team, and we were all blown away by the session. We all came away feeling really connected with plenty to think about, Matt is a great presenter and ran a great workshop, would highly recommend.

“ Elisha Luke ”

The way he speaks from the heart and is able to connect with every single person in the room is just amazing and I have honestly never seen anyone with that talent before. Our club has become closer and a safe environment for fellow teammates to share there problems without judgement which is extremely difficult to do. Mindfull Aus creates that best environment for your club to grow and create change in community.

“ Wade Anderson (Newborough FNC) ”

BE THE CHANGE
YOU WANT TO SEE



Workshop Outcomes



CREATING YOUR OWN BLUEPRINT TO IMPROVED WELLNESS:

Understanding the mind through a relatable and realistic view.



CONTROL YOUR MIND DON'T LET IT CONTROL YOU:

Putting your wellness back in your hands with a self disciplined holistic approach



STRENGTH BASED APPROACH TO WELLNESS:

Research to support the way we get back to living a healthy, fulfilling life.

Testimonials

Mindfull Aus was great, they created a really safe place to not only discuss some, sometimes confronting, topics but made me feel comfortable enough to share thoughts, feelings and experiences with colleagues. The exercises were fun and helped give different perspectives to some of the common misconceptions of mental health and what it means. I would strongly recommend this workshop for all workplaces or individuals a like, as a way to understand how to manage your own struggles but also how to be there and support the people around you.

“ Wakefield Vogrig & Boote Lawyers ”