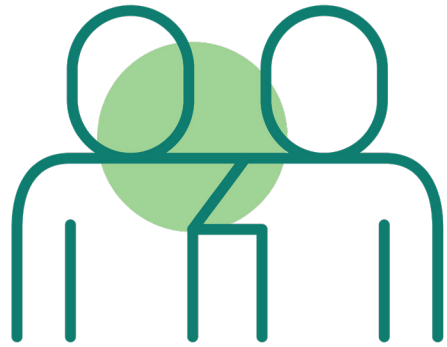




Introducing The *Flourish* Framework: *Building Stronger, More Resilient Workplaces*

The Flourish Framework is a practical, evidence-based workshop series designed to help teams manage pressure, strengthen communication, and support sustainable well-being at work.

Each session builds emotional and mental fitness, empowering employees to set boundaries, handle stress, and contribute to a healthier workplace culture.



Workshop Overview:

Tension to *Teamwork*

Equip your team to handle conflict more constructively, communicate with clarity, and create an emotionally safe work environment.

Focus: Conflict Resolution

Pressure to *Purpose*

Build workplace resilience by boosting emotional agility, managing stress, and embedding well-being into your employees' daily routine.

Focus: Resilience at Work

Boundaries and *Balance*

Support employees in setting clear, healthy boundaries, and integrating sustainable self-care into real work-life demands.

Focus: Boundaries Without Guilt, Everyday Self-Care

What Ifs to *What's Real*

Help your team manage anxious thinking, reduce inner criticism, and stay focused and clear-headed when facing work stressors.

Focus: Managing Worry and Inner Dialogue

Four to *Flourish*

Embed the four essential pillars of mental well-being into your workplace through small, consistent habits that drive long-term impact.

Focus: Foundations of Workplace Well-being



Pricing

1 x Workshop = **\$1000**

5 x workshops = **\$4500**

(Up to ten employees*)

Terms & Conditions:

The full suite of workshops (\$4,500) must be scheduled within a 12-month period. Pricing includes up to 10 participants; additional attendees are charged at \$75 per person. Venue and catering arrangements are the responsibility of the client.



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