



Join us for Mental 'Fitness' Month this October!

Thanks to the Brisbane Business Hub, Prime Effect is offering a special Mental Fitness Month package to all Hub members with up to 40% off.

- » Face-to-face/online workshop
- » 25 Days 25 Plays digital program

THE PACKAGE:

- ▶ **Guest speaker workshop**
Designed to introduce evidence-based positive psychology practices, the workshop is delivered by an elite Australian athlete to your workforce. The athletes use their real-life experience to demonstrate the game-changing benefits of these proven mental fitness activities. Face-to-face, 30-60min
- ▶ **25 Days 25 Plays program**
25 days of daily positive psychology activities based on proven CBT principles, delivered in a relatable way by admired Australian athletes. Designed to lift your mood and change habits for the long-term!
Digital delivery, 25 days

THE BENEFITS:

- ▶ We take a strengths-based approach to mental health, meaning we focus on what people can do for themselves to drive resilience and performance.
- ▶ We give participants the tools they need to boost their mood and feel better through pragmatic, easy-to-adopt activities for long-term behaviour change.
- ▶ Our program can help improve culture, manage conflict, lower safety risks in the workplace and boost productivity.
- ▶ Our crew of tried-and-tested athletes love nothing more than to reveal how they've overcome adversity and set-backs. Learn how to carry these new skills into your everyday life so you too can reap the rewards of mental fitness!

“*David's mental health education courses are delivered with the perfect mix of seriousness, fun and relatability. He taught us simple skills that made us more aware and confident to support ourselves and our mates.*”

Enquire or
BOOK NOW!