

Improving your mental wellbeing can put you in the best position to run a healthy business.

Everymind has launched Business Wellbeing - free online training tailored to the unique needs of small business owners in Australia.

The training will equip you with knowledge and tools that can support you when you're facing challenges at work that can impact your wellbeing.

Four 15-minute modules on mental health and wellbeing, stigma, effective communication, and addressing mental health in the workplace are available, and can be completed at any time before **30 May 2021**.

Sign up and get access today:
<http://bit.ly/315oxJY>

