



Workshops to support small business to be mentally healthy

Take part in a practical and action-orientated wellbeing workshop to learn about mental health and wellbeing in small business, how to look after yourself and others while running your business, and how to set yourself up for a mentally healthy workplace.

The online wellbeing workshop will guide you through a series of activities that will enable you to identify common business stressors, how to create a wellbeing plan and practical strategies to implement wellbeing for yourself and your business.

The workshop will be delivered at the times/dates (AEDT) below. To register, please visit:

<https://bit.ly/2Y3hNul>

12:00 - 1:00pm
17 February 2021

1:00 - 2:00pm
17 March 2021

2:00 - 3:00pm
14 April 2021

12:00 - 1:00pm
12 May 2021

12:00 - 1:00pm
9 June 2021

For more information, please contact: hello@aheadforbusiness.org.au or 02 4924 6900.