

# SPEAKERS KIT

Learning and Development Experiences



## Speaker - Coach - Writer

Keynotes - Seminars - Workshops

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# POSITIVELY WELL

## LEARNING & DEVELOPMENT

If you're interested in enhancing your workplace's mental health and well-being and encouraging your employees to lead healthy and productive lives, let's chat.

My name is Rebecca Hannan, I've been presenting on well-being topics for a decade, reaching thousands of individuals with engaging stories and informative content. My presentations are tailored to fit your specific audience, whether you're looking for a keynote presentation, lunchtime learning session, seminar, or small workshop. I also offer mental health interventions, programs, and training to support your organisation's flourishing and employees' overall wellness.

Let's work together to create a culture of psychological health and safety.



# ABOUT



Meet Rebecca, a seasoned pioneer in the field of workplace well-being. With over three decades of experience, a comprehensive list of impressive credentials, and a personal dedication to helping others achieve optimal health. Rebecca is a highly sought-after speaker and trainer. Organisations finally acknowledge the negative impact of poor staff well-being, low morale, absenteeism, and workplace stress on organisational success.

Rebecca's cutting-edge programs in workplace well-being aim to educate, inspire, and empower individuals to lead healthier lives and become more engaged and productive team and community members. As a dynamic and highly-regarded presenter, Rebecca works with organisations in various fields such as Mining, Tourism, Education, Real Estate, and Health Care. She leverages her extensive knowledge, experience, and continuous professional development to create effective strategies, programs, and workshops that deliver results. Rebecca shares her inspiring stories from the stage and motivates others to live life to the fullest. She is the first woman to complete Western Australia's 135-kilometre Cape to Cape track within 24 hours - a testament to her resilience, determination, and personal wellness.

During her leisure time, Rebecca enjoys being outdoors, walking in nature, practising yoga, cooking healthy meals, and spending quality time with her beloved family.

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# PRESENTATION TOPICS

## **Positively WELL - By Design**

Psychological Safety in the Workplace

Psychological safety is essential for a positive workplace experience. We crave respect and appreciation, it directly impacts our motivation and dedication to our work. When we feel secure, we think more clearly and are more willing to work with and help our colleagues. Psychological safety is essential for personal happiness at work and business success. It lays the foundation for a work environment that is fulfilling, meaningful, and enjoyable. During this workshop, you'll discover the benefits of psychological safety in promoting mental health and preventing burnout for you and your team. You will also learn to establish a preferred workplace environment and foster trust among your team.

## **Positively WELL - Performance**

Working WELL Without Burnout

The demands of the modern workplace can be overwhelming. Many people work long hours and push themselves to the limit, leading to burnout. Burnout has been recognised by the World Health Organisation (WHO) as a medical issue, and both employers and individuals need to take it seriously. Burnout can have a significant impact on our mental and physical health.

During this presentation, you'll learn what burnout is, how to recognise signs of burnout within yourself and others, and effective self-care strategies to help you stay mentally healthy and avoid burnout. You'll also learn how to initiate caring conversations.



# PRESENTATION TOPICS

## Positively WELL - Mindset

Mastering your Mindset

Mental well-being is more than living without depression and anxiety. It involves effectively managing your thoughts, behaviours, and emotions, particularly when they become unproductive or negative. For example, focusing too much on the future, dwelling on the past, or overreacting to situations can harm our mental health. It causes distress and exhaustion and hinders our ability to function optimally in all aspects of life. Achieving mental wellness is crucial to performing our best and reaching our full potential. In this thought-provoking workshop, participants will learn and experience a range of strategies and techniques to disrupt negative thinking patterns and support a growth mindset.

## Positively WELL - Play

Permission to Play WELL

In our fast-paced and unpredictable world, it's easy to get caught up in the daily grind overlooking the importance of leisurely activities. We tend to prioritise work and responsibilities, often neglecting opportunities for laughter, fun, and play. However, recent studies have shown that engaging in these activities is essential for our well-being and can even improve our performance in personal and professional settings. This workshop will delve into the benefits of play and humour, encouraging participants to engage in activities that enhance creativity and demonstrate the positive effects of laughter on performance. Life is short; let's take a moment to prioritise adult play and explore how it can benefit us at work and in all aspects of life.



# WORKPLACE MENTAL HEALTH

**POSITIVELY WELL LEADERS:  
PSYCHOLOGICAL SAFETY IN THE WORKPLACE  
4 HOUR TRAINING PROGRAM  
\$2,600 + GST\***

**\*CAN BE DELIVERED ACROSS 4 X 1 HOUR SESSIONS, ADDITIONAL FEES APPLY**

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The true cost of mental illness in the workplace is alarming. Research suggests that 1 in 5 Australian workers take time off work due to feeling mentally unwell (1). This can have a significant impact on the bottom dollar of your workplace. In 2021, the median time lost for mental health conditions was 5 times higher than for physical injuries and diseases, translating to 30.7 working weeks lost for mental health illness compared to 6.7 for physical injuries (2). The cost of mental health illness to the Australian economy is \$10 - \$18 billion in lost productivity and reduced participation (3). Leadership can play a key role in reducing the impact of mental ill health in the workplace by developing skills to identify the risks and support their employees' mental health. This, in turn, benefits your workplace with a more engaged workforce, improved productivity, performance, and retention that empowers your people to live and work WELL.

1. Beyond Blue. (2014). State of Workplace Mental Health in Australia.

2. Safe Work Australia. (2022). Key work health and safety statistics Australia 2022.

3. Productivity Commission. (2020). Mental Health



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## **POSITIVELY WELL LEADERS: PSYCHOLOGICAL SAFETY IN THE WORKPLACE**

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### **What you will learn:**

- How to recognise the symptoms of mental health issues and psychosocial hazards and respond appropriately.
- The resources available to support your team when facing mental health issues.
- How to confidently initiate courageous and caring conversations with employees when there are mental health and performance concerns.
- How to reasonably adjust an employee's workload when experiencing mental health issues.
- Identifying psychosocial hazards and implementing controls to mitigate psychological injury in the workplace.
- How to encourage and improve help-seeking behaviours among your employees.
- Effective communication and active listening skills.
- The importance of vulnerability and sharing lived experience.

### **What's included:**

- PDF Workbooks.
- Resources with contact details for support services.
- Interactive activities to support your learning.
- Pre and post-training surveys.



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# WORKPLACE MENTAL HEALTH

## **POSITIVELY WELL-BEINGS 8-WEEK INDIVIDUAL WELL-BEING PROGRAM \$22,000 + GST**

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The Positively Well-Beings program is designed to promote positivity and well-being and can be completed either in person or online over the course of eight weeks. It is based on the principles of Positive Psychology, which include Mindfulness, Signature Character Strengths, and Flow. Participants are required to attend 90-minute weekly classes and practice daily at home.

Positively WELL is aimed at individuals in leadership positions and their teams. It aligns with the protect and promote strategy endorsed by the World Health Organisation (WHO) and the International Labour Organisation (ILO) policy brief.

The program aims to enhance self-awareness, develop better coping skills and self-regulation, and alleviate symptoms of stress, anxiety, and depression.



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## POSITIVELY WELL BEINGS

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### What you will learn:

- What mindfulness is and is not
- How to implement a regular mindfulness practice
- The scientific rationale of a mindfulness practice
- Mindfulness meditations and body awareness training
- Your signature strengths and how to apply them in work and life
- How to explore your thinking and behavioural patterns and ways to transform them
- Understanding emotions and emotional responses
- Discover the science behind achieving a flow state and learn how to apply it to your daily work and leisure

### What's included:

- PDF Workbooks.
- Interactive activities to support your learning.
- Pre and post-training surveys.



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