

WORKPLACE MENTAL HEALTH SPEAKING

Adam Bowcutt



Mental Health Author

I've been there. I've felt the crippling anxiety, the panic attacks, and the depression that comes from an inability to find meaning in life.

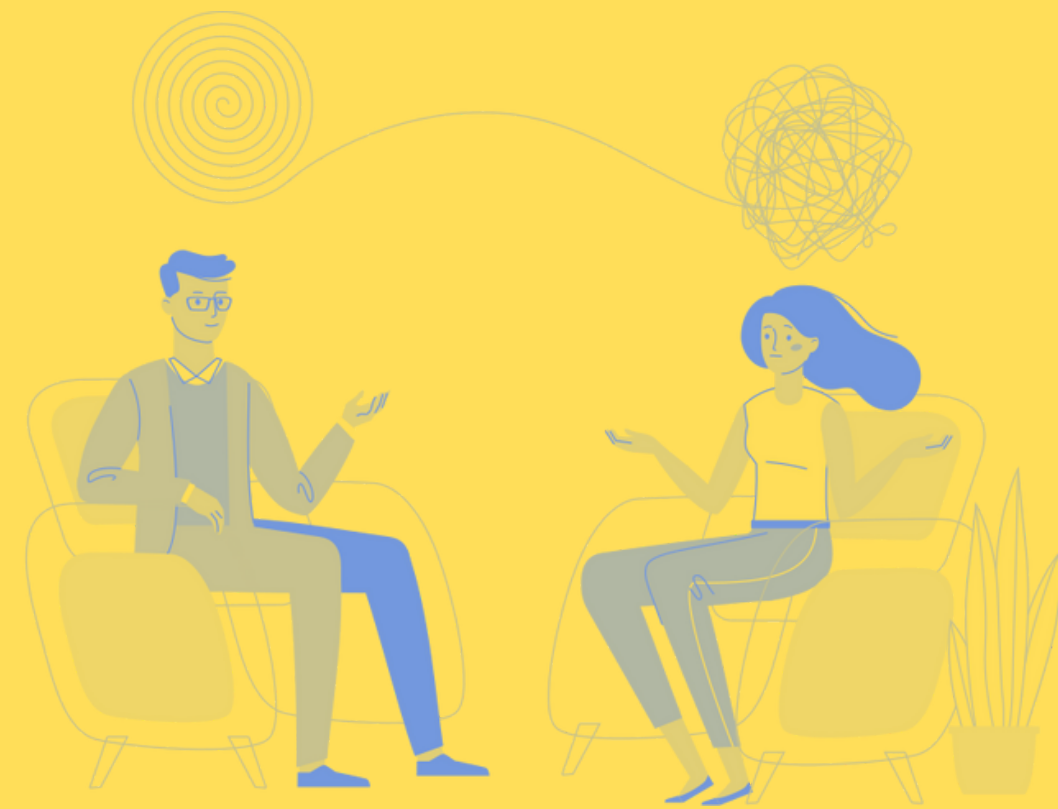
I've also been there when it all gets better—when you realize that there's more to life than just a series of events that happen to you; when you realise that the only control you ever really have is over your own thoughts.



Adam Bowcutt

MENTAL HEALTH AUTHOR

I can help your employees who are struggling with mental health challenges. I know what it feels like to be hopeless and alone, but I also know how much better things can get once you realise that you're not alone, either.



My expertise is not just as a mental wealth catalyst, but as someone who has lived through these experiences first-hand and made it through them with some help from friends and family members along the way.





I know how hard it can be to talk about these things with others because they don't always understand what we're going through—they just want us to "get over it."

But I also know how important it is for people in your organization (and especially those who are struggling) to feel supported by their peers and employers so they can keep moving forward toward recovery instead of retreating deeper into despair.

Through a short speaking session I can help your team learn to build long-term mental wealth, and despite any challenges, consistently bring their best selves to work every day.

Challenges of workplace stressors

Audience developed tools and awareness of workplace mental wealth and now ready to take action

Covered

Describe the types of workplace stressors and its effects on a person's daily life

Discuss the ways managers and co-workers can effectively detect signs of unsustainable workplace stressors

Share appropriate strategies in approaching potentially sensitive issues in a cross-cultural work environment

Explore the future of Australian workplaces and beyond, with respect to risks, detection methods, successful alleviation methods, and proactive approaches to, workplace stressors

Q & A + Next steps

Outcome

Audience understands types of stressors and their effects on daily life and experience at work

Engaged discussion and employees learn ways to effectively detect signs of unsustainable workplace stressors

Appropriate strategies understood in approaching sensitive issues

Audience develops tools and awareness of workplace mental wealth and now ready to take action

Mentally wealthy employees



The Mission

SAVING & CHANGING 500,000 LIVES FROM DEPRESSION & SUICIDE BY 2079



Adam
Bowcutt



COMPREHENSIVE

Workplace Mental Health Speaking Session; **60 Minutes**
Building Long-term Mental Wealth



Includes Digital Copy of Author's Book for all attendees.

Work Is Mental: Rethinking Future Workplace Mental Health

6999 AUD

DEPOSIT 3499 AUD



- Valuable insights and predictions into what the future holds for millions of workplaces; gain a strategic workforce.
- Join this journey of discovery encompassing past, present, and future observations of workplace mental health; gain an aware workforce.
- Gain foresight into powerfully navigating a mentally stronger future, adding scalable value, saving, and changing many lives in the process; gain a purposeful workforce.

COMPACT

Workplace Mental Health Speaking Session; **35 Minutes**
Building Long-term Mental Wealth

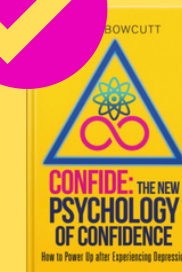


Includes Digital Copy of Author's Book for all attendees.

Confide: The New Psychology of Confidence. How to Power Up after Experiencing Depression

3999 AUD

DEPOSIT 1999 AUD



- Practical advice that can be implemented immediately; gain a mentally-skilled workforce.
- Helpful guidance and relatable experiences; gain an intelligently empathetic workforce.
- Discover methods of shaping a powerful mindset; gain a resilient workforce.

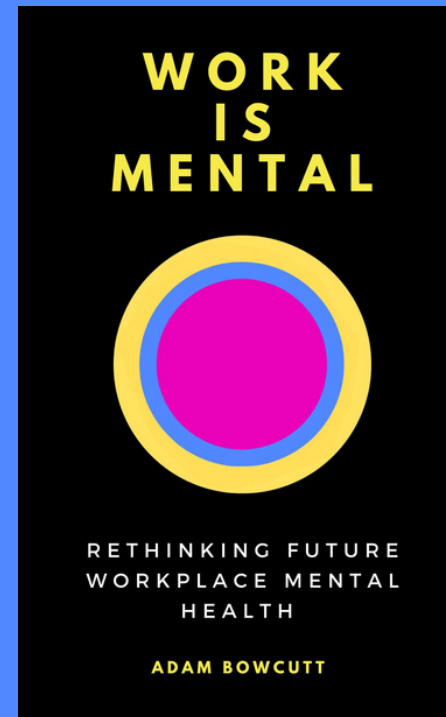
CONCISE

Workplace Mental Health Speaking Session; **20 Minutes**
Building Long-term Mental Wealth

2999 AUD

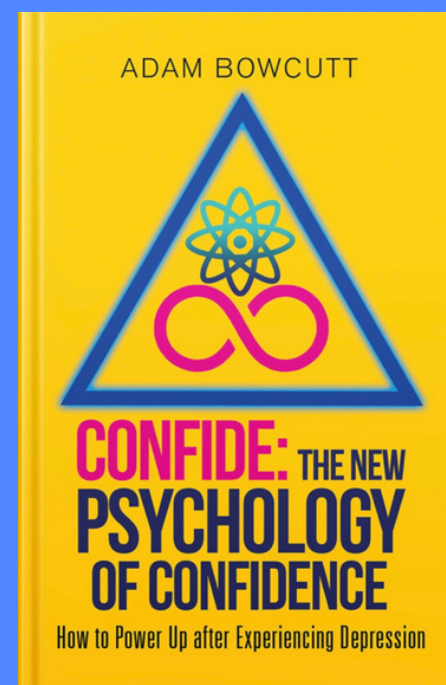
DEPOSIT 1499 AUD

"This courageous book shares valuable insights and predictions into what the future holds for millions of workplaces".



"The book is an incisive commentary on mental health and how the evolving modern workplace is affecting the health and temperament of people around the world."

"This book is super powerful and such a strong message to others coming out of a dark place. Not only that, the author gives very practical take-aways that people can immediately implement."



"An in-depth and well written, insightful book full of relatable experiences and helpful practical guidance you can use straight away to help lift yourself out of a rut."

WWW.ADAMBOWCUTT.COM.AU

+61(0)404242728