

Fully Managed Program

Optimise Your Mind

A transformative workplace wellbeing program from Vibe.fyi and The Flourishing Institute. This workplace wellbeing program inspires hard-to-reach, deskless workers to thrive.

Boosting the mental wellbeing skills of an entire workforce can lead to significant workplace benefits. Mental wellbeing is one of the most valuable business assets.

The Optimise Your Mind program is a revolutionary approach to workplace wellbeing for both deskless and in-office workers that comprises of small daily actions which build emotional resilience over time.

This course will allow your workforce to:

- » Adapt quickly to challenges
- » Be more flexible and agile
- » Think creatively
- » Confidently meet the demands of a constantly changing environment

For your business, this program can improve employee engagement, reduce absenteeism, and boost productivity.

Crafted in partnership with The Flourishing Institute, the 12-month program is delivered through short, snackable messages on Vibe.fyi's digital channels. Optimise Your Mind is a Premium Program and can be purchased as a stand-alone program or in conjunction with expert workshops.

Fully Managed Content

Created in collaboration with **Jane Davis** from **The Flourishing Institute**

www.thefourishinginstitute.com

12-Month Program

- » Calm the stress response
- » Gain clarity about meaning and purpose
- » Practice healthy thinking habits
- » Boost movement
- » Enjoy the moment
- » Increase positive emotions
- » Build positive relationships

Subscription

Up to 1000 employees
\$1.50 per employee per month excl GST
(min spend \$250/month)

Over 1000 employees
\$0.95c per employee per month excl GST

5000+ employees
Contact us for enterprise pricing

90 Minute Workshop

Up to 25 participants via Zoom
\$1,500 excl. GST

Additional support and fully customisable solutions

Customise content to suit your organisation's needs and existing initiatives. We have additional support available for participants throughout the program.

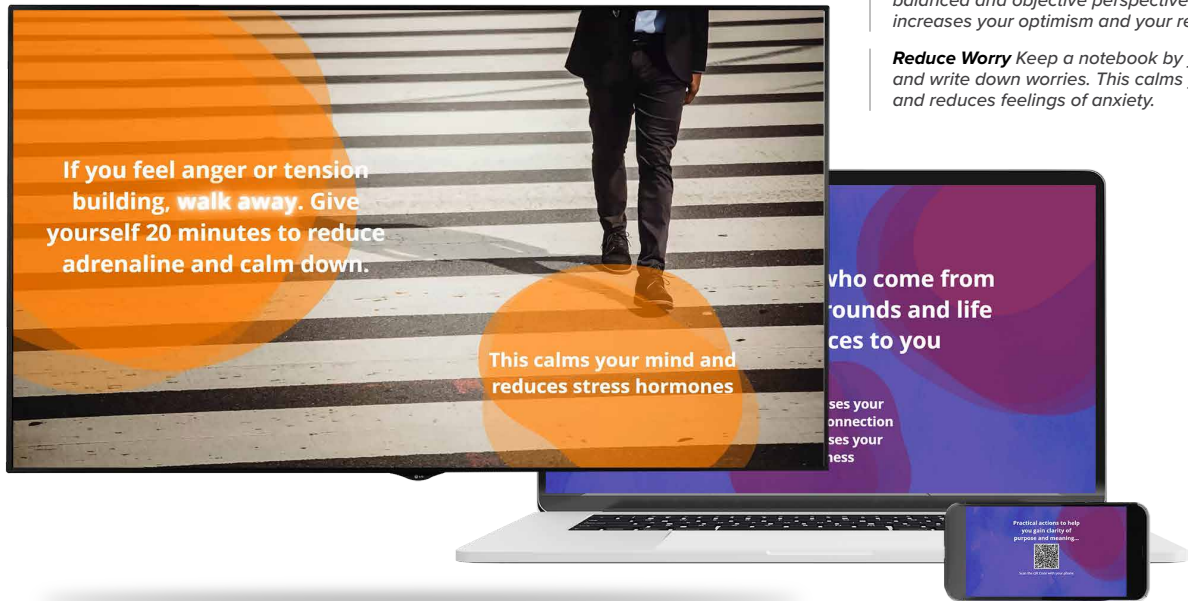
- » Regular webinars encourage deeper learning of topics in the program
- » Workshops can be facilitated virtually or face to face

Indicative Content Examples

Take Control Focus on the process rather than the result. Keep focused on taking action. This increases your confidence and boosts optimism.

Keep Perspective Thoughts are not facts. Change them for the better if you need a more balanced and objective perspective. This increases your optimism and your resilience.

Reduce Worry Keep a notebook by your bed and write down worries. This calms your mind and reduces feelings of anxiety.



Benefits of Vibe.fyi Programs

Organisations of every shape and size can unlock a wealth of benefits through the Optimise Your Mind program.



Fully managed content

Messaging is snackable, vibrant and engaging, with spaced content delivery to improve recall & encourage behaviour change.



Multichannel reach

Reach deskless employees via digital screens in common areas and deskbound/remote workers via web browser and screensaver.



Inclusivity

The program engages people using voluntary participation, and isn't exclusive to those who attend training courses or events.



Evidence-based learning

Teach employees how to apply evidence-based learnings to drive the behaviours that support a positive mindset.