



THE Rural Woman

- Cooperative -

Is your organisation ready to boost the wellbeing of:
Your leaders
Your team
Your clients / customers
Rural, regional & remote women

ADVERSITY TO ADVANTAGE

Becoming aware of the impacts of mental health, especially in a crisis. Helps us to understand how critical it is to look after our wellbeing and those around us - now more than ever. This program will give you the tools to be aware, understand and more importantly be responsible and take action. For it is only when we own the responsibility and take the action that we can rise up and move from adversity to advantage.

FINANCIAL COMMITMENT

Invest in places in the next program and give them to (any combination of):
Your leaders
Your team
Your clients/customers
Offer scholarship/s to THE Rural Woman membership

Full program cost per person is:

\$4800

Welcome workshop

16 weeks of course material

1 hour group coaching weekly 4 weeks

1x 1:1 coaching session

12 months access to 1 x Bloom Stream

THE PROGRAM

Topic 1 - Crisis

Facilitated learning and group coaching start date: the week of 11 October 2021

1. What is a crisis. - The focus - pandemic
2. Impacts of crisis - disadvantages
3. Advantages of crisis
4. Change Perspective and build character

Topic 2 - Stress

Facilitated learning and group coaching start date: the week of 22 November 2021

1. What stress and overwhelm look/feel like
2. Stages of grief - Have you felt grieved/bereaved, felt a loss.
3. Physical impacts of Stress
4. Mental impacts of Stress

Topic 3 - Understand Mental Health

Facilitated learning and group coaching start date: the week of February 2022

1. What anxiety and depression look like and feel like
2. Warning signs of suicide
3. Impact of trauma - differentiate abnormal from normal
4. How to have reach out, help someone experiencing MH problem

Topic 4 - From Fear to Hope

Facilitated learning and group coaching start date: the week of April 2022

1. From isolation to family connectedness
2. Mindset shift
3. Resilience, Gratitude
4. Hope and healing for the body, mind and soul

Enrol 10 or more and receive the following

- Recognition as a partner on website landing page program materials and THE community
- Opportunity to be part of a TRW event as a speaker
- Offer to host a high level wellbeing for leaders session with your organisation