

4 PILLARS OF MENTAL RESILIENCE



PROCESS

Using a combination of Workshop discussion, Practical team fitness session, breath work strategies, cold water immersion experience, & personal reflection, we explore the 4 Key Pillars of Mental Resilience. Our content addresses a variety of The stage 6 PDHPE syllabus.

LOCATION

We offer workshops at your school location, or at our HQ in Bayview overlooking the beautiful Pittwater. We can also organise alternate locations if you are looking to add our program to school camps or excursions.

WHO

The 4 Pillars workshop is suitable for people from 12+ years. We cater to a variety of audiences from corporate work places, tradies, parent groups, sports teams and clubs. Please get in-touch to tell us more about your specific group and needs.

WHAT WE SHARE

Our course aims to impact participants mental resilience, by equipping them with tools and strategies to help effectively navigate stressful or anxious periods.

Participants will leave our workshop with an understanding of the importance of team work and peer support as Contributing

factors for creating a positive work, group and home environment.

The tools participants take away are easy to implement in everyday life, and allow them to experience and handle challenges in a new and productive way.



[FITSTATEOFMIND.COM.AU](https://www.fitstateofmind.com.au)
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WHY WE SHARE

Almost half of all Australians aged 16 to 85 years will experience mental illness at some point in their life. The most common conditions are: anxiety, depression and substance use disorders, especially alcohol abuse. In addition to this one quarter of Australians aged 16 to 85 years will experience an anxiety condition during their lifetime.* We are aiming to drastically improve these stats!

Our workshops are designed to empower, uplift and equip you, your business, your school, or team members with the tools to not only better manage personal mental resilience but also how to support and recognise when others are in need of help.

We have developed our workshops to encourage positive mental fitness and awareness, as well as to equip you with the tools to better navigate challenges or hard times when they do arise.

During our workshops we share the 4 key pillars of mental resilience; Lifestyle, Physical Health, Mental self care and Support network.

Through practical and theoretical components, workshop participants will be given relevant information and key

take-home messages in building stronger support networks. They will participate in team

building exercises as well as gain awareness of their own mental health and build personal resilience. Participants will be equipped with quality resources to implement in their own lives to better improve mental fitness on a day to day basis.

We cater our workshops to suit both small, intimate groups, larger team building sessions or school year groups.

Tailored to suit each individual organisation, attendees take part in a group fitness workout, breath-work, cold water immersion (optional), as well as breakaway group discussion. The combination of these elements empowers them to walk away feeling more resilient, more connected and more aligned within themselves, resulting in being better equipped to manage the stresses of day to day life.

* Australian Government Department of Health . 15 December 2020
<<https://www.health.gov.au/health-topics/mental-health>>

“ GETTING TOGETHER AS A GROUP IN THAT ENVIRONMENT HELPS EVERYONE TO UNDERSTAND EACH OTHER BETTER AND WHAT MOTIVATES US TO GET UP EACH DAY. I HIGHLY RECOMMENDED IT. IT'S INCREDIBLE HOW A SIMPLE TECHNIQUE ON BREATHING CAN SETTLE THE MIND, ONE OF THE MANY BENEFITS FROM THE SESSION. ”

PARTICIPANT FEEDBACK 2022

