

# NICK BRACKS

[nickbracks.com](http://nickbracks.com) | [nick@nickbracks.com](mailto:nick@nickbracks.com)

 [@nickbracks](https://www.instagram.com/nickbracks)



# Mental health is just as important as physical health

Around 50% of all long-term illnesses relate to mental health. In a single year, untreated mental conditions account for 6 million lost working days and over \$10.9 billion in lost revenue across Australia. PwC research shows that every \$1 invested in creating a mentally healthy workplace returns an average of \$2.30

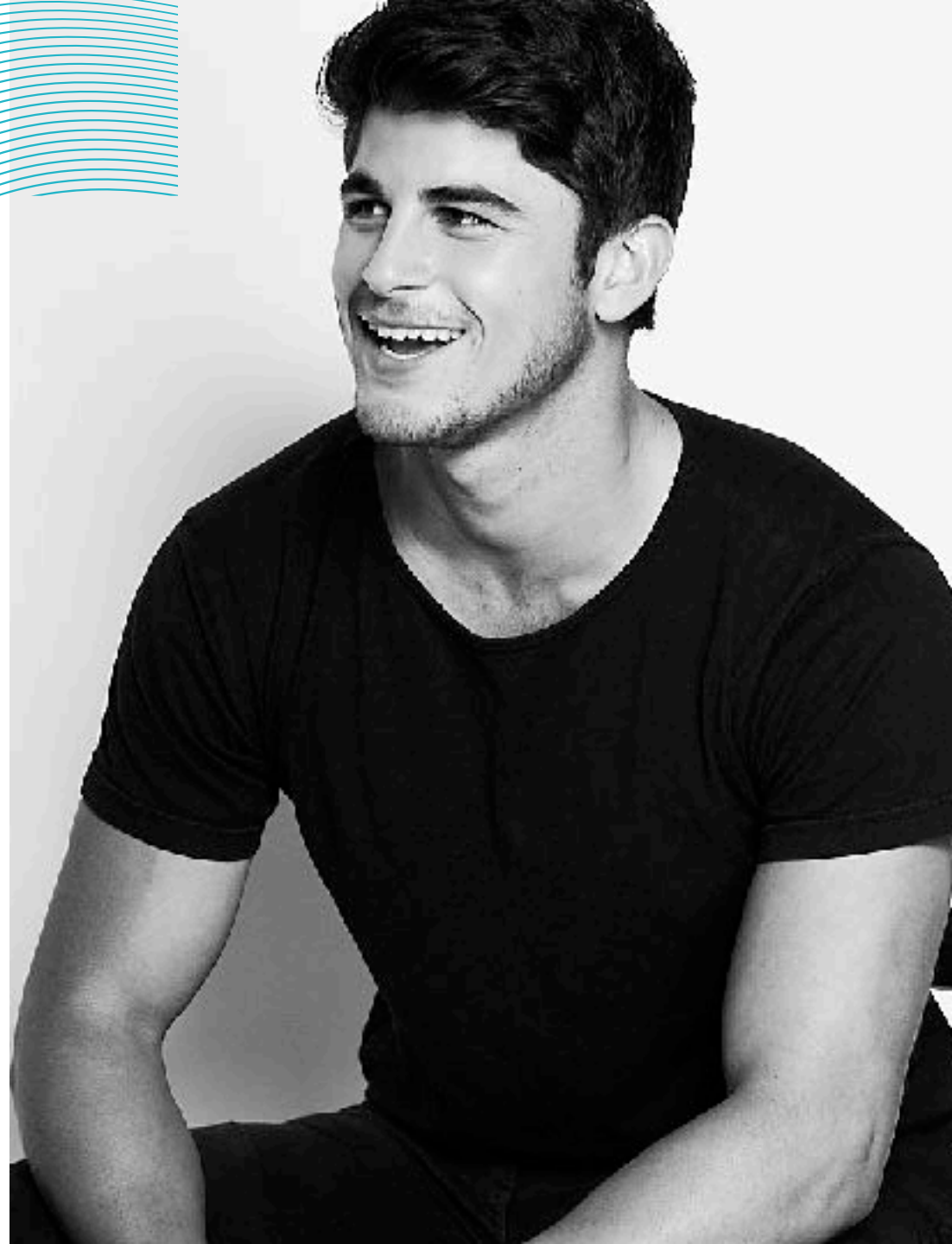
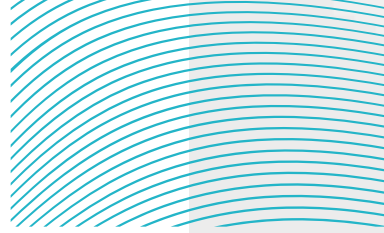


# Meet Nick Bracks

Nick Bracks has spent the last decade as a passionate advocate for mental health, working in the media with charitable organisations, behaviour change companies and tirelessly campaigning for better mental health conditions in Australian organisations.

He has conducted TED talks and run over 1,000 mental health seminars at some of Australia's largest employers, government organisations, schools and universities – from Qantas to BUPA, Ernst & Young, Deloitte, McDonald's, The Good Guys and Movember to name but a few.

Due to popular demand we are now running a bespoke Mental Health Training company. We have a team of Australia's leading psychologists working with us and offer suites of seminars and training modules, delivered by Nick and our select group of facilitators. We can create specific content per organisation, are able to make video content and offer ongoing wellness programs that can be accessed around the clock.





# Face-to-Face

We offer a range of one hour seminars and three hour manager training sessions. The sessions are all evidence based, are delivered by qualified well being experts and cover a wide array of topics.

## Bespoke seminars and training sessions

The bespoke seminars and training sessions are customised to meet your companies specific leadership and people needs, meet targets, reduce absenteeism and risks and support the organisations core values.

## One hour seminars & three hour manager training

### Some topic examples

- Personal stories
- PERMA - Resilience
- Mindfulness
- Bullying
- Starting conversations
- Addiction & dependency
- Understanding mental health in the workplace
- Stress & anxiety
- Life challenges
- Surviving to thriving
- Men's health
- Work life balance
- Creating supportive teams
- Maintaining good mental health
- Goal setting creating habits
- Communication at work





# Digital

We offer a range of digital mental health based products and services and can tailor make video content for your organisation.

## Webinars & digital training

We offer live or pre recorded webinars and digital training covering all of the content in the face-to-face sessions.

## Bespoke video content

We can create video content specific to your company to promote ongoing messages and deliver training courses or, we can get creative with our talented production team!

## Mental health training books

We have co-created a Mental Health Training guide with the founder of the Happiness Planner. The books are informational with practical daily activities, habit formation guides and goal setting. The planner is beautifully presented and comes in digital or hard copy.





# Consultancy

We offer a range of consulting services around mental health and communication. Our creative approach to helping organisations to identify what is working and the holes that need to be fixed. We will leave you with a list of actions to take in order to achieve your organisational wellbeing goals, as well as mapping out how to go about them. We work with each organisation to help connect you with the best tools and information possible to create sustained change.

## Brainstorming

We like to get creative, learn about your current practices and make an action plan to create change.

## Matching you with the best tools possible

We will listen to your needs and match you with the best tools and services available - we have relationships with the best providers in mental health and if we can't personally satisfy a need we will match you with someone who can.

## Public speaking training

Nick offers one-on-one and group public speaking training, both face-to-face and through web interfaces. Having gone from having a debilitating fear of communicating and speaking in front of even small groups of people, to making a career as a speaker, Nick understands how sharing learnings can help others to develop their skill sets.

## Creating sustained change

We will leave you with habit formation tools to create sustained long term change.



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