

# KATHRYN WALTON CONSULTING

... informing and inspiring your workplace ...

## ROUND THE TABLE

### **Mini-workshops on contemporary mental health topics**

Ideal training for 'people working with people'

Small group learning

Intensive and dynamic format

Customised to your local training needs

Available to come to your community or organisation

## THE WELLBEING PROJECT

### **"Wellness in the Workplace" workshops**

Skills training and knowledge development for workers, managers and business owners

Improve workplace and personal mental health

Reduce absenteeism, increase productivity

Build resilience, increase energy levels, manage work and personal stresses, feel healthier and happier

*A collaboration with Darling Downs Wellness Therapies*

## COACHING AND SUPERVISION

### **Professional coaching for women**

Transform aspects of work or personal life

Be guided, supported and challenged to work towards goals

Programs are uniquely customised to meet your need

Face-to-face or online video

### **Professional supervision for 'people working with people'**

Work safely and effectively with clients to improve mental health

Develop effective self-care practices

Face-to-face or online video

## CUSTOMISED PROGRAMS

### **Tailored training packages for your clients and staff**

Consultation to identify your mental health and wellness training needs

Customised program development

Delivery and facilitation of training packages