

# KATHRYN WALTON CONSULTING

... informing and inspiring your workplace ...

## CORPORATE BUSH ADVENTURE

### **Customised outdoors-based workshops**

Training for teams, leadership, creative problem-solving, communication, decision-making, inner life skills

Skills training workshops include bushwalking, map-reading, mountain biking and other activities

Guided bushwalking adventures

Guided mountain bike rides

## 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*

## WOMEN IN SMALL BUSINESS

### **Professional coaching for women in small business**

Transform aspects of work or personal life as you work towards goals

Uniquely customised to meet your need

### **Workshops and Retreats**

Innovative educational workshops for women in business

## CUSTOMISED PROGRAMS

### **Tailored mental health training for your clients and staff**

Consultation to identify your mental health and wellness training needs

Customised programs and seminars – topics include Stress Management, Nature & Mental Health, Communication, Juggling Multiple Roles and Responsibilities, Burnout, Mindfulness, Dealing with Difficult People

Delivery and facilitation of training packages