



WELLBEING PRODUCTS



## Lifeback Tracker Workshop

In this powerful workshop, you'll learn to unpack and practically apply Lifeback Tracker's *4 Steps to Better Mind Health*. Sessions will provide you with strategies to identify your lifestyle strengths and areas that may need support. Our philosophy is to provide you with practical solutions that you can put in place immediately to support you to overcome significant life events when they arise.

We dig deep into each of the *4 Steps to Better Mind Health*:



Talking



Exercise



Reduce alcohol



Sleep

Participants will learn how to:-

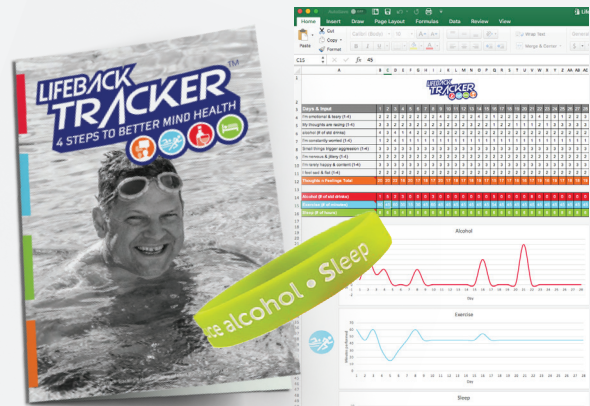
- Spot the signs that a mate might not be feeling so great
- Use and hear tips and tools to improve yours and others physical and mental health.
- Use Lifeback Tracker's *4 Steps to Better Mind Health*
- Access company and community resources for support and help

Participants leave understanding how to implement these four steps into their every day lives, and the importance of early intervention when their own health and wellbeing is at risk.

You don't have to be experiencing physical or mental health issues to benefit from the program, it can support anyone who wants to live a happier and healthier life.

### WORKSHOP SUMMARY

- **Duration:** 120 minutes
- **Recommended** for 15-20 participants
- Attendees receive a **Lifeback Tracker Pack:**
  - 32-page Lifeback Tracker booklet
  - Digital Excel Tracker
  - 4 Steps Wristband



To book a **Lifeback Tracker Workshop** or discuss the program call: call **0419 188 208** or email [info@hartwellbeing.com.au](mailto:info@hartwellbeing.com.au)

We work with Team Solutions Training (TST) Australia, an Australian Registered Training Organisation (RTO) with over 20 years experience delivering training programs Australia-wide and internationally. TST has a proven track record of delivering practical and pragmatic programs that make a difference.

Lifeback Tracker is a Hart Wellbeing product

