



Breathing Space

Mental Health & Wellbeing

Individual

Executive

*Confidential one-to-one debriefing, reflection
and crisis support sessions.*

Breathing Space

Individual Executives

We help leaders and their teams maintain professional momentum in complex business environments, without losing the things they value the most: their health, relationships and peace of mind.

We know first-hand the toll that disruption can take on leaders. When it comes to the mental health and wellbeing of our leaders today, we must prioritise leadership support mentally and physically, so leaders, in turn can provide safety and support to others.

'Breathing Space' is a comprehensive suite of wellbeing and mental health resources for Executive Teams and Boards. This component of the program acknowledges the unique context of Executives operating in the time of COVID-19.

Specifically designed for:

- CEOs and executive teams maintaining high profiles under high pressure
- Boards operating in challenging political and regulatory environments
- Business leaders navigating constant change and business transformation.

Structure:

- An 90-minute session with your wellbeing strategist
- On-call or scheduled sessions
- Ongoing support as needed

The program provides:

One-off, or ongoing 90-minute sessions with an Executive Wellbeing Strategist, helping leaders to reflect, acknowledge and address their own personal response to current circumstances, in order to lead through crisis.

The Individual Executive support program helps:

- Manage inevitable anxieties and process difficult thoughts and feelings
- Gain much needed perspective in order to make clear-minded decisions
- Establish a personal-care plan to maintain resilience

Outcomes:

- communicate with clarity
- generate trust with stakeholders

Get in touch to design your program:
1300 347 437 or email trobins@fisherleadership.com



Breathing Space

Mental Health & Wellbeing

Team Facilitation

*Specialist facilitation services
for critical incident and crisis
management processes.*

Breathing Space

Executive Teams

When leaders are juggling the needs of many, a specialist facilitator allows the crisis response team to focus on the issues and organisational needs. Our highly experienced and skilled facilitators remove the complexity of the debrief and decision-making process, enabling leaders to lead.

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'Breathing Space' is a comprehensive suite of wellbeing and mental health resources for Executive Teams and Boards. This component of the program acknowledges the unique context of executive teams working on crisis management in the time of COVID-19.

Specifically designed for:

- Executive teams maintaining high profiles under high pressure
- Boards operating in challenging political and regulatory environments
- Business leaders navigating constant change and business transformation.

Structure:

- On-call or scheduled facilitation sessions
- Access a facilitator specialised in crisis management
- Ongoing support as needed

The program provides:

- Facilitation for crisis management and decision making
- Critical incident debriefing, critical decision making and discussion on next steps
- Strategic crisis communication
 - key principles, real time planning
- Engaging people during uncertainty
 - key principles, real time planning
- Maintaining positive leadership team dynamics under increased pressure
 - key principles, real time planning

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Breathing Space

Mental Health & Wellbeing

Project Teams

*Supporting Crisis Management teams
and HR Leaders to navigate immediate
challenges and emerging risks.*

Breathing Space

Crisis Management Teams & HR Leaders

Timely support and on-demand critical debrief sessions allow those making challenging decisions and sharing difficult news to maintain perspective and good mental health. These information and debrief sessions can be done one-to-one or facilitated for the leadership team.

We know first-hand the toll that disruption can take on leaders. When it comes to the mental health and wellbeing of our leaders today, we must prioritise leadership support mentally and physically, so leaders, in turn can provide safety and support to others.

'Breathing Space' is a comprehensive suite of wellbeing and mental health resources for Executive Teams and Boards. This component of the program acknowledges the unique context of project teams working through the crisis management triggered by COVID-19.

Specifically designed for:

- Executive teams maintaining high profiles under high pressure
- Boards operating in challenging political and regulatory environments
- Business leaders navigating constant change and business transformation.

Structure:

- On-call or scheduled facilitation sessions
- One-to-one confidential counselling
- Ongoing support sessions as needed

A 90-minute session with a skilled wellbeing strategist will help leaders:

- Comprehensive and pragmatic critical debrief process to maintain good mental health
- Preparation for delivering difficult news using key principles and processes
- Emotional safety techniques to execute during difficult conversations with the broader team
- Understanding how to compassionately navigate the cycle of grief

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Breathing Space Mental Health & Wellbeing Webinars

*Timely Mental Health and
Wellbeing Webinars for Leaders
and their people.*

Breathing Space

Leaders and their people

How do we look after ourselves so that we can lead others through turbulent times? What does it take to maintain perspective, a positive mindset, authenticity, good mental health and wellbeing when we, ourselves, feel anxious and uncertain? Join us for a series of interactive and informative discussions on leadership and mental health.

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'Breathing Space' is a comprehensive suite of wellbeing and mental health resources for Executive Teams and Boards. This component of the program acknowledges the need for practical tips and tools for leaders to share with their remote teams during COVID-19.

Specifically designed for:

- Executive leaders and their teams maintaining high productivity under pressure
- Boards operating in challenging political and regulatory environments
- Organisations navigating constant change and business transformation

Structure:

- Ongoing 30-minute webinar sessions tailored to address the current operating environment

The program provides:

- A series of ongoing 30-minute webinars
- Relevant tools for leaders during COVID-19
- Best practice strategies for maintaining mental health while operating in a crisis
- Best practice techniques for maintaining wellbeing while working remotely
- Stories and learnings for maintaining our stakeholder relationships (personal and professional)
- Tips for managing difficult feelings
- Methods for having difficult conversations
- Q&A with an expert
- Burning Questions

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