

TEAM KO

WORKPLACE WELLBEING SOLUTIONS



GIVING BUSINESS OWNERS, LEADERS
AND EMPLOYEES THE TOOLS TO
REDUCE THEIR STRESS AND THRIVE.

SESSIONS CUSTOMISED FOR YOUR BUSINESS.

THE STATS

Every \$1 spent on effective mental health action returns \$2.30 in benefits.

1 IN 5 Australians report that they have taken time off work because they felt stressed, anxious, depressed or mentally unhealthy.

Nearly 8 Australians take their own lives every day. 6 of whom are men.

Around 2 million people in Australia live with anxiety.

91% of workers' compensation claims involving a mental health condition were linked to work-related stress or mental stress

WHAT TEAM KO OFFERS

- + Individual stress management programs for business owners + leaders
 - + One off mindfulness workshops, keynote breakfasts + luncheons
 - + 4 and 8 week half hour meditation lunch time programs
 - + Half hour tool box talks
 - + Team building Boot Camp sessions
- + Creating workplace meditation/wellness spaces + meeting rooms
 - + Customised guided meditation audios
 - + Nutrition talks
 - + Pop up healthy snack and juice bar events
 - + 3 day CEO Reset Retreats



THE BENEFITS OF WORKING WITH TEAM KO

SIMPLE MINDFULNESS + RESILIENCE + GROWTH STRATEGIES TO
ENHANCE THE MENTAL HEALTH AND WELLBEING OF YOUR TEAM

- Decreased stress and anxiety
- Reductions in absenteeism
- Reduced fatigue
- Reduced staff turnover
- Increased focus, productivity and memory
- Increased resilience and emotional stability
- Enhanced clarity and awareness
- Enhanced decision making abilities

WHAT THIS LOOKS LIKE IN YOUR WORKPLACE

- Frenzied multitasking is replaced with presence and productivity
- Your team will develop resilience to recover from setbacks, stressful events and change
- Successful workplace relationships and effective leadership
- A culture where people look forward to coming to work and have the tools to lower their stress and thrive at work and home.

MEET KIRSTY O'BRIEN

With over 15 years experience as a mindset coach I decided in 2018 to focus on my passion for creating mentally healthy workplace cultures. Successfully supporting people to reduce and manage their stress and integrate work and life mindfully.

I am committed to creating enjoyable and engaging programs that cultivate connected and WELL workplaces. Programs that help workplaces shed the stigma around mental health and inspire positive behaviour changes.

I have learnt how ravaging prolonged stress is on our minds and bodies and I have cultivated resilience under extreme adversity. During my programs I have open conversations around my own mental health and the steps I took to lower and manage extreme levels of stress, regain my inner peace and live my best ever life.

THE VISION

Welcome to TEAM KO. This is not a one size fits all approach. Rather a comprehensive program offering strategies and practical tools for participants to reduce their stress and enhance their well being.

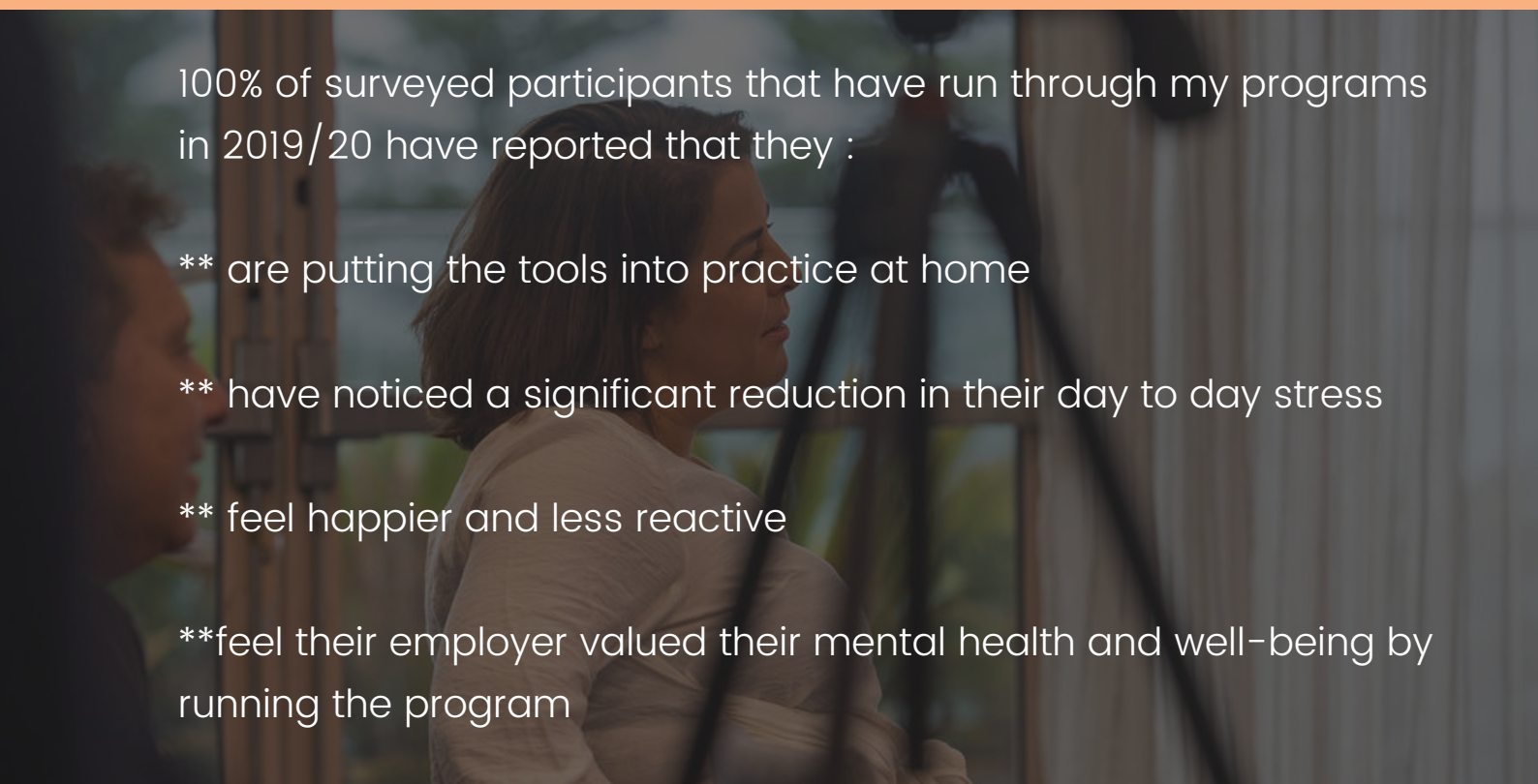
Our team create and implement sessions specifically customised for YOUR business, YOUR people and their needs.

I want business owners, leaders and employees to feel great within themselves, productive at work and able to relax when they are at home.

All TEAM KO programs are mindfulness based. With a focus on developing this skill and moving participants out of autopilot and into presence. Giving your employees the tools to be less stressed and reactionary and more adaptable and resilient.



TEAM KO IS SUCCESSFUL IN IT'S OUTCOMES



100% of surveyed participants that have run through my programs in 2019/20 have reported that they :

- ** are putting the tools into practice at home
- ** have noticed a significant reduction in their day to day stress
- ** feel happier and less reactive
- **feel their employer valued their mental health and well-being by running the program

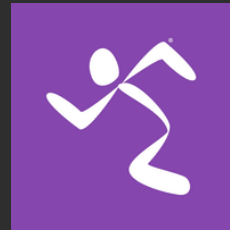
Kirsty ran meditation classes at my workplace. After every session I leave feeling a much calmer person. She has a beautiful way of delivery and her voice is extremely soothing. I would truly recommend Kirsty.

JAN PAINE : PARTICIPANT IN THE SUTHERLAND SHIRE COUNCIL PGM

"Before participating in Kirsty's mindfulness program I was stressed out in my job, found it hard to wind down after work and was sleeping around 4-5 hours a night. After implementing the relaxation exercises and techniques covered in the program I saw a dramatic positive change. I'm calmer and more present at work. I feel I'm communicating more effectively with my staff and sleep around 7 hours a night now. I really enjoyed the guided meditation we were given to use at home as I feel that's what supported me to actually make this a thing now.

RICHARD : PARTICIPANT 4 WEEK TOOLBOX PROGRAM

TEAM KO HAS PARTNERED WITH



KIRSTY O'BRIEN HAS BEEN FEATURED ON



- THE ZESTY LIFE PODCAST
- LET'S GET INTO IT PODCAST
- RULE THE QUEENDOM PODCAST
- HOLISTICALLY HEALING ANXIETY PODCAST
- LEARNING TO GLOW

- THRIVE GLOBAL CONTRIBUTOR
- TRUTHTELLER FOR WOMEN FOR ONE
- CREW LEADER FOR MAKING MEDITATION MAINSTREAM CRONULLA
- HOST THE MINDFULNESS HABIT PODCAST

BOOK YOUR FREE CONSULTATION TODAY

TOGETHER LET'S ESTABLISH YOUR
GOALS AND CREATE AN ACTION PLAN
FOR YOUR WORKPLACE



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