

Sustainable Brain

Beating Burnout
Boosting Wellness
& Performance
Building Cognitive Fitness

Managing psychosocial health risks for your workforce

SafeWork NSW now recognises Healthy Work as 'When work is designed and managed in a way that does not cause harm, and has positive benefits to the physical and psychological health, safety, and wellbeing of workers.'



Psychosocial health claims expected to triple over the next five years



Courts are now asking employers about the proactive actions they are taking to invest in the wellbeing of their people.

Source: CEDA

Is workforce wellness on your agenda?

The Sustainable Brain Project is an eight-week program that delivers the science behind wellness and performance. Do you want to do more than flag burnout risks? With just eight sessions you can support teams and individual leaders to create work environments that boost wellness and performance. The Sustainable Brain Project delivers science-based protocols to boost social connection and cognitive fitness. Your teams will reduce unplanned leave and build engagement. Your leaders will find useful ways to talk about wellness at work.

Who Should Attend:

Anyone who needs to boost wellness and performance, build cognitive fitness and beat burnout for self or teams.

What to expect:

- Eight interactive sessions that offer learning via doing
- Two-hour sessions, delivered weekly
- Credible material and concrete take-aways
- Post session online learning packs for those who wish to podcast, read, share with teams and keep learning (optional for participants)

What are clients saying?

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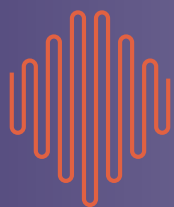
*Loved the research and evidence focus
Interesting facts on how to come back from burnout
Counterintuitive!
Understanding 'good stress' and how it differs from 'bad stress' was interesting
The range of strategies that are all easy to implement
I know how to bring the topic of wellness to my staff now*

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Your Facilitator:

Dr Isabelle Phillips is a leadership authority with over 20 years' experience working with leaders to deliver workforce wellness and performance in Australia, China, Singapore and New Zealand. Isabelle is a co-author of the most recent UTS MBA program, an authority on applied positive psychology for the workplace and regularly delivers leadership projects for engineering, infrastructure, finance, technology, government and human services sectors.





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Short sessions – Large Impact

What to Expect From Each 2 Hour Session:

Science – discover intelligent protocols to beat burnout and boost cognitive fitness

Story Telling – generate new stories to help your brain learn, remember and embed the behaviour change you want most

Experiment Setting – design your own mini-experiments, (we recognise that you are the global expert on you)

Experiment Reporting – work with your own team of accountability-buddies

Community Building – connect with others and co-create your best path to wellness and performance

Weekly Topics:

Week 1 – Set-up

Welcome to your healthy workplace community. Join with people from all levels in your organisation. Together we will discover how to build cognitive fitness and boost wellness. This week we will cover brain basics including neurogenesis, neuroplasticity, cognitive reserve, and how to leverage dopamine peaks and troughs to master personal change plans.

Week 2 – Story – What's yours?

Our brain is a story making machine, it auto-generates symbolic filters to help us navigate our world. This is why we see a man in the moon or an ice cream in the clouds. This week we'll uncover the filters we already have, and we'll add some filters or stories to support our desired changes.



Week 5 – Stress

Is stress good? Bad? Both? Neither? This week we'll discuss how to put stress to work to achieve our goals. Earn our 'polyvagal driver's licence' and drive away with a calm, clear and engaged nervous system.



Week 3 – Social

Science tells us that loneliness is as unhealthy as smoking 15 cigarettes a day. This week we'll learn how to leverage the natural human need for connection to support our brains and nervous systems to move beyond burnout and come back to performance through connection.



Week 6 – Sleep

Surprising hacks to support sleep hygiene. This week we find out what matters when it comes to privacy, noise, light pollution, colours, angles of light and our circadian rhythms. Deep rest is just around the corner.



Week 4 – Sweat

Supporting your smarts may not be what you think. This week we'll discover the surprising science behind cognitive fitness and why our vascular system has the answers. Returning from brain fog might be faster and easier than you think.



Week 7 – Sustenance

Our food choices and our food environments are intertwined. This week we'll discover science-based behaviour-hacks for our families and our workplaces. Use food to reduce brain fog and beat burnout.



Week 8 – Send-off

Celebrate change together and welcome the journey ahead in this graduation week. This week we will tell stories of our journey and re-commit to the sticky changes we are gifting ourselves. We also embed the learnings to boost wellness and performance through organisational culture.