



CASE STUDY: Implementing a robust and impactful workplace health and wellbeing programme.

CoLiberate

**Training
to respond well.**

Resilience is not
what lies **within**,
it's what lies
between.



Case Study.

Public sector organisation

1200+ employees

9 office locations nationwide



We **imagined** together that the future of this workplace is a place where...

1. People feel safe enough to ask for help at work and;
2. People are better off because they have the skills to support one another when the going gets tough.

Impact.

“This course did a great job of teaching how to approach complex conversations with people who are struggling with life. The tools I have learned will enable me to be a better colleague and friend and I am confident that by speaking to someone, I can help them to make positive choices when they may feel overwhelmed.”

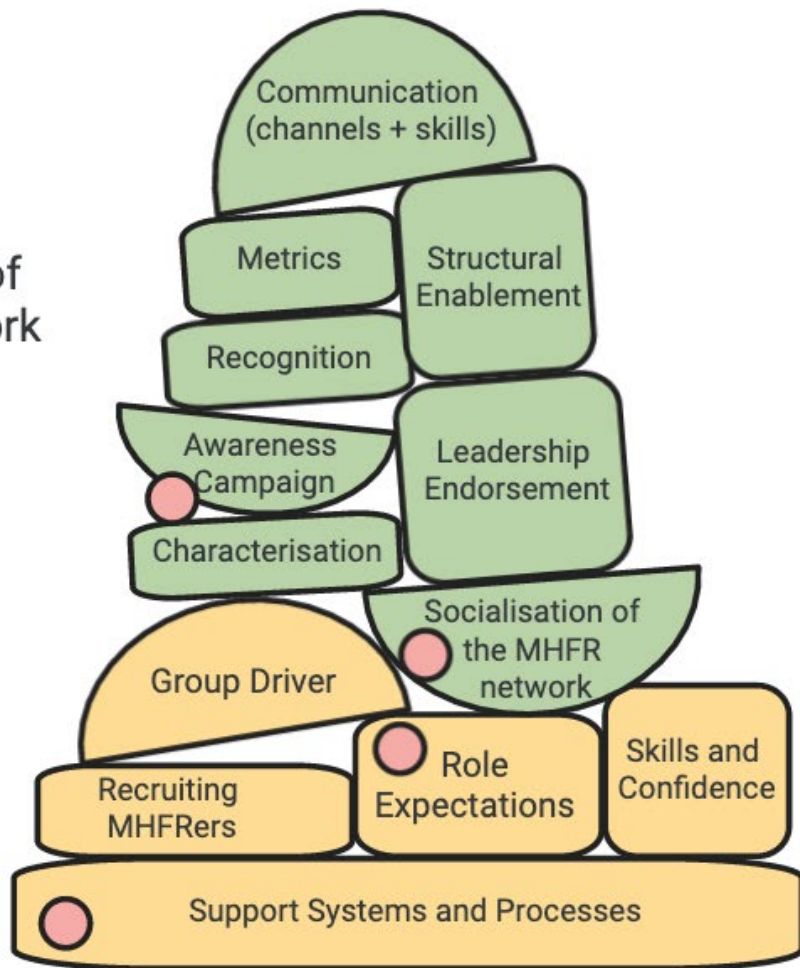
— participant, 2018

50–90

supportive
conversations
per month.



● Outside of the network



● Within the network

Your workplace.

Set a clear vision.

Get started with training.

Appoint a lead mobilizer(s) in your workplace.

Ask your people.

Questions.



CoLiberate

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