

# WELLBEING & RESILIENCE TRAINING PROGRAMME



## Covid-19 is the single biggest disruption of a generation and led to:

1. Increased stress
2. Increased hybrid working
3. Increased digitalisation
4. Increased escalations & redirects of complaints
5. Working days lost to stress, depression & anxiety

## We can help!

**1in3**  
people in NZ  
experienced poor  
mental wellbeing in  
2022<sup>(1)</sup>

Cornerstone Education Limited

**aspire2**  
business

Workplace  
Communication

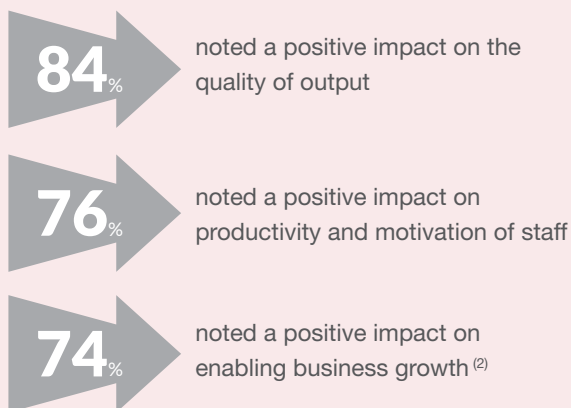


## How could it benefit your organisation?

- ✓ Effective communication in a hybrid working environment
- ✓ Cohesive teams in a hybrid workplace
- ✓ Increased productivity at work
- ✓ Employees with tools to manage change positively
- ✓ Focus on continuous improvement
- ✓ Increased staff engagement

### Results from previous programmes.

Of those organisations who engaged in Workplace Communication training



**“I have learnt to look past the problem and look for solutions. I have become more outcomes focussed.”**

Ballance Agri-Nutrients Learner comment

Aspire2 Business is the largest provider of Workplace Communication programmes in New Zealand. In operation for over 20 years supporting the New Zealand workforce.

## Programme Facts

**100%  
FREE**

Government-funded for those eligible\*

more than 40 hours per person over 10 plus weeks



**SMALL  
GROUPS**



Experienced and qualified tutors

**DELIVERED ONSITE OR  
ONLINE AT A TIME THAT  
SUITS YOU**



**CUSTOMISED TO YOUR  
ORGANISATION AND  
USING YOUR INHOUSE  
MATERIAL**

Take advantage of the  
**100% FREE\*** government-funded training now.

 **0800 423 888**

 **aspire2business.co.nz**

\* eligibility criteria applies

(1) WHO-5 Wellbeing Index

(2) Maximising the Benefits of Workplace Literacy Fund prepared for the Tertiary Education Commission – Alkema August 2015