

RED-to-GREEN Wellbeing RESET:

FREE
60-Minute Workshop
Valued at \$900



Who should attend?

HR managers • Health & Safety reps •
People & Culture leads • Team
supervisors • Anyone tasked with
protecting staff wellbeing

Hosted by

Caroline Wilson

A-OK CEO

*Caroline brings 20 years of wellbeing
and suicide prevention training in
the workplaces*

Key Topics Covered

- ✓ Wellbeing & H&S Duties – why mental health is a legal must-do
- ✓ Pressure Radar – spotting early signs of distress
- ✓ Seeking support & professional help
- ✓ Rapid Reset Toolkit
- ✓ Next-Step Roadmap
A-OK programmes for ongoing support

**SIGN UP
TO JOIN
US!**

Register today!

Five Free Sessions – Book One!

📅 Friday 4 July 📅 Tues 8 July 📅 Tues 15 July 📅 Tues 22 July 📅 Tues 30 July

Session times (same each day): 10:00am – 11:00am

📍 Hosted at 15C Norman Spencer Drive, Manukau

📞 Call us: 027 426 6689

🌐 www.a-ok.nz/red2green

✉ Email: george@a-oknz.com