

GENERAL OVERVIEW:

Lachie's initial sessions with your crew are designed to create engagement, trust and allow for vulnerable sharing.

This is done through FIFO lived experience story telling, powerful questions and a mix of both mental health and humour.

From there, Lachie can create bespoke sessions for your crew, based off of a mix of your needs, as well as theirs.

Lachie's intention with all follow up sessions is to move each individual towards becoming someone they're proud of. Towards a version of themselves who lives with passion, meaning and purpose, ultimately identifying how their personal ambitions intersect with their role on site.

This is achieved through effective stress management and state change tools, as well as identifying their vision, mission and values, then mapping out who they have to become to achieve those, with communication wrapping it all up.

With this pride and purpose, comes a sense of meaning which leads to a feeling of contribution, significance and certainty. Fulfilling these human needs in your crew will lead to safer, more respectful behaviour on site and at home.

KEY OUTCOMES:

- Identify those who are struggling
- Highlight referral pathways
- Deliver easy to implement stress management tools
- Create trust and cultivate vulnerability through open sharing and engagement
- Create a sense of hope for those who are struggling
- Allow for compassion in those who are yet to understand 'mental health'.
- Meet your specific needs via bespoke content
- Report back with data and information gathered

SESSION LENGTH

90 - 120 mins.

This is what we have seen to work best for engagement, as well as limiting time away from their tasks.

WHAT COMES NEXT?

After each session, Lachie will remain in a private room, to allow for opt in 1on1 conversations.

If on site, Lachie will also conduct site walk and talks, which allow those who may not have felt comfortable to share in a group setting, to open up in an environment they feel more comfortable in.

If on site for multiple days, Lachie will also deliver a report on emerging issues. These reports have been the basis of many changes made in various mining organisations.

SERVICES:

- Site visits
1-5 days. Multiple 90-120min sessions.
- CBD / regional sessions
1 x 90-120min session
- Keynote talks
20-90min
- Emotional breakthrough workshops for leadership
4-8hrs

OTHER:

All travel and accomodation to be covered by the client.

For testimonials or references from previous or current clients, contact Lachie personally.

All sessions can be tailored to suit.