



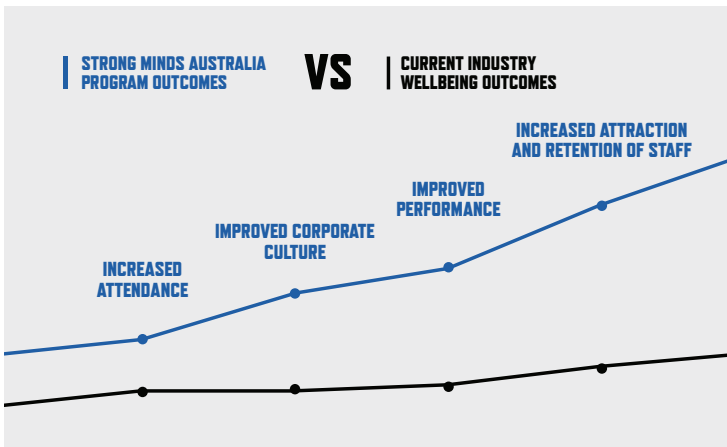
Strong Minds
Australia



HEALTH AND WELLBEING

Emotions are our greatest motivators. Unfortunately, they can motivate us to act in any direction, even the wrong one. The single largest contributing element for you to perform at your peak is your emotional strength and resilience - physical and mental health whilst form an essential component are a far distant second. This is the most common area that is neglected and is the critical missing component of any company's wellness program.

Our clients partner with SMA as they understand that the outcomes of a holistic wellbeing program are vastly increased engagement and productivity – or in our view - high performance. Our model develops emotional, mental and physical health capacities to ensure leadership and staff manage the stresses of daily life more effectively, and recover more quickly from challenges and crises when they arise.



PEOPLE

Inspiring people in a 1 on 1 situation is simple. Creating the same impact when you have to implement programs to 1,000+ is the area that so many companies fail. Our programs are facilitated by elite athletes and high performance individuals that have the ability to inspire large groups by personally understanding the behaviours and drivers required in a high performing environment.

CULTURE

People create culture - not the other way around. To create culture, our program identifies Systematic, Methodical and Consistent behaviours that must be implemented from leadership. Our focus on inspiring change at the leadership level creates the environment for high performing cultures to truly develop.

PERFORMANCE

High performance and wellbeing is intrinsically linked. Our programs identify and directly track productivity and performance to health and wellbeing metrics giving a precise measure for cost vs performance return.



CO FOUNDER OF STRONG MINDS AUSTRALIA HEALTH AND WELLBEING: MATTHEW ELLIOTT

“Our model develops emotional, mental and physical capacities ensuring pressure and change become driving forces rather than causes for stress and underperformance.”

STRATEGIC LEADERSHIP

SMA's leadership program focusses on the development of organisational strategy and SMaC behaviours that binds leadership performance and sets the benchmark values for the organisation.

Leaders will be provided with a unique understanding to the key principles that create elite environments through a range of practical and technical exercises. The output of this is a holistic health and wellness framework and strategy that is tailored uniquely to your business.

FRONT LINE IMPLEMENTATION

SMA's front line program implements your health and wellbeing strategy across your workforce through a range of change management and group coaching methods. Delivered by our range of high performance individuals, these structured programs imbed organisational strategy and behaviours right across front line operational staff. The result is an engaged, inspired, healthy and productive workforce.

HIGH PERFORMANCE LEADERSHIP

High performance is an area that we have a unique perspective on. In the delivery of our programs, SMA provides leading edge strategy coupled with the mentoring and guidance to insert this into daily practices. Our facilitators are high profile professionals that have developed these skills through a career forged

in elite performance. Services extend from 1 to 1 coaching through to specifically tailored presentations.

TECHNOLOGY

SMA uses technology to track emotional resilience levels, productivity performance increase and employee engagement. This is a critical step in both the individuals engagement and success as well as leadership having real time feedback on improvements across business.

CORPORATE HEALTH DAYS

Working in partnership with organisations wellbeing goals, SMA's ability to draw upon high performance athletes from sporting and defence environments ensure that corporate health days engage workforces, provide key information and inspire individuals to create measurable change.

CORPORATE RETREATS

SMA is a holistic partner for any organisation - we offer full leadership retreat experiences with experts in stress, management, fatigue and exercise taking corporate leaders through a unique program for high performance.