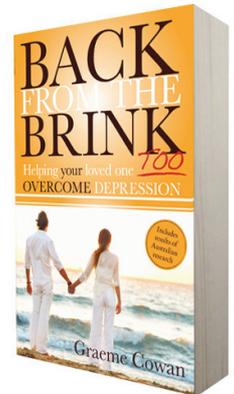


Graeme Cowan helps people to lead a more resilient and thriving life, by learning how to master their mood. In 2000, as Joint Managing Director of a management consulting firm, he went through the worst depressive episode his psychiatrist had ever treated. After his recovery, he became the author of the best-selling **BACK FROM THE BRINK** book series. He is also one of the founders of **R U OK? Day**, and the author of the report **4 PROVEN WAYS TO HELP A STRESSED EMPLOYEE**.



SESSION TOPICS INCLUDE

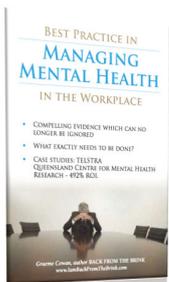
10 Things Science Says Will Make You Thrive

Harvard Business Review reveals that employees with a positive mood are 31% more productive, sell 37% more and are 300% more creative. Through his own story and research, Graeme shares practical strategies to help people tap into their whYcode™ and thrive through change. Sustaining high performance is about optimizing your mood AND performance.



- Understanding your moodometer and its implications for a thriving self.
- Identifying and living your whYcode™ – your purpose, passion and positive strengths.
- Why realists perform better than optimists during change and disruption.
- 10 things science says will make you thrive.
- Identifying your one thing that is core to a thriving life.
- 4 proven ways to help a stressed employee.

Enhancing Mental Health in the Workplace



Significant change causes significant stress. A recent Medibank report revealed that stress and low mood account for 34% of lost productivity in Australia, and according to Comcare, the average cost of a person on stress leave is \$250K. Setbacks can cause us to slide down the moodometer, but we can learn the skills to bounce back faster than before.

- 85% of your employees know someone close to them with depression and an anxiety disorder.
- What people are doing in your workplace to avoid being “found out.”
- The 3 different approaches an organisation can take to reduce stress – and the best option.
- Strategies to create a more open culture – we are as vulnerable as our secrets.
- How to ask “Are you OK?” – 4 important steps.
- 4 proven ways to help a stressed employee.
- The remarkable 500% ROI experienced for early intervention programs.



The 6p's Of A Thriving Tribe Coach

As leaders, we are the Chief Energy Officer (CEO) of our tribe. Our daily habits and practices can either enhance or destroy the tribe's energy and mood. A Tower Watson global survey showed that leaders that focus on engagement and mood as well as performance have a 270% higher operating margin.



In researching 5000 people who have experienced the challenges of change, Graeme has been able to identify some surprisingly simple leadership coaching strategies to enhance the will and skill of the self and the tribe. When adverse events happen, we often slide down the moodometer™ – what's important is focusing on what we can control and choosing the right course of action. The 6 P's to engender are – Personal, Purpose, Progress, Positive Strengths, Physical Health, and Profit.

This Session Will Reveal

- As a leader your first responsibility is enhancing your own mood and energy.
- Why only 30% of change efforts are successful despite 25,000 books in the last 15 years.
- How to identify your current tribal mood: "Life sucks," "My life sucks," "I'm great," "We're great," "Life's great."
- Understanding and applying the 6P's of coaching.
- Introducing the power of rituals to sustain change.
- Applying a 90 day micro strategy for quick results.

"Graeme is quite simply a thought leader. He has utilised the lessons gained during a personally horrific time to guide, teach, inspire, and coach millions of Australians. He is passionate about improving the mental health of Australian workplaces." – Nataly Bovopolous, Deputy CEO, Mental Health First Aid Australia



"Feedback included 'fantastic presentation', 'outstanding', 'very inspirational', 'powerful', 'very moving' and 'I wish I could get Graeme to speak to my staff'. The client was delighted." – Libby Henderson-Kelly, Managing Consultant, ICMI Speakers



"Graeme delivered one of the most compelling presentations I have seen. He and his message are relevant for any workplace experiencing change, and have had a lasting impact on my group. Highly recommended." – David Banks, GM Business Performance, National Australia Bank



"Graeme is very engaging...the audience listens to every single word he says...you could hear a pin drop." – John Brogden, CEO, Financial Services Council

