



**CULTURAL +  
WELLNESS  
SOLUTIONS**

**CONNECTION  
MADE SIMPLE**

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# ELEVATE YOUR RESILIENCE BENEFITS

Research has shown that people benefit from learning and applying specific resilience skills and positive routines that better manage stress. Resilience supports us to bounce back quicker after a setback, be more effective in academic and vocational pursuits, develop stronger relationships with others, improves physical and mental health, and increases overall life satisfaction –  
University of Washington



- Increased trust, engagement, morale, and motivation
- Improved productivity and performance
- Better focus, concentration, and management of workload pressures
- Sustained mind-body health and wellbeing
- Fosters a community feeling amongst employees
- Creates and sustains a healthy, connected, and positive work culture
- Mental health conditions cost Australian businesses over \$11 billion a year through absenteeism, reduced productivity, high turnover rates, and compensation claims. However, for every \$1 invested in positive organisational initiatives there is an average return on investment (ROI) of \$2.30 (Heads Up, PWC Research, 2014)



# BESPOKE RESILIENCE CONSULTING

Connection and positive relationships are the number one indicators of adult health and happiness - Harvard University



## PROGRAM SOLUTIONS

We deliver bespoke cultural connection and wellness programs. Each program is designed around industry best practice and grounded in science-backed theory.

We believe that transformative change starts with a catalyst and becomes sustainable with ongoing support. Our solutions are practical, relevant and provide simple to follow tools and strategies for improving individual and team wellness, connection, and culture.

- Annual Wellness Calendar
- Monthly Connection Catalyst Tips
- Bespoke Workshops, Thank You Days & Team Building Events
- In-House Cultural Connection and Wellness Initiatives
- Behaviour Change Support and Team Wellness Challenges
- Leadership Resilience Coaching & Mental Health Train-the-Trainer
- Offsite, Retreat & Event Key Note Speaking
- Public and Community Connection Events
- Ongoing Expert Consulting and Coaching

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## TAILOR DESIGNED TO YOUR VALUES - EXAMPLE

Month	Theme	Workshops	VenuesLive Values	Comments
July	Indigenous Awareness Month	<i>'Mindful play experience'</i>	<i>Collaboration Empowerment</i>	Optional mini-workshop experience within your Christmas in July event. Christmas is a time for celebration, connection, and joy. This mini-workshop showcases mindfulness through the playful curation of self-discovery resilience activities while getting to know your team members better.
August	Footy Finals Prep			
September	Mental Health Awareness	<i>'Riding the Wave of Change'</i>	<i>Initiative Efficiency Empowerment</i>	Workplace stress is a well known contributor to increased instances of overwhelm, anxiety, and depression. This workshop unpacks the human element of change, owning who we become when we're stressed, and how to embrace change. It's about promoting healthier mental wellbeing and increasing rapid speed of adaption to change.
October	Safe Work Month A moment is all it takes			
November	Movember			We offer a Men's Health workshop that could be utilised in conjunction with the 'Movember' movement. Further details and investment are included in the optional investment section.
December	Celebrate You	<i>'Kindness and Self-care Matters'</i>	<i>Empowerment Initiative</i>	Our Kindness and Self-care workshop ties in perfectly with December's theme of 'Celebrate you'. The end of the year is often a stressful time, though it can be great for reflection and resetting – what better time to start putting yourself first and developing a personalised toolkit of tips and techniques to love yourself more, and more often.
January	Happy You Year			
February	EAP Awareness Month			
March	Planet Earth Awareness	<i>'Self-Led Leadership'</i>	<i>Empowerment Initiative Efficiency</i>	Self-Led Leadership is all about empowerment and ownership. Taking responsibility and driving actions are themes that resonate within our commitment to planet earth as well. Through compassion, confidence, and conviction... whether in the workplace or outdoors... these skills are invaluable in modern society.
April	Winter Wellness			We offer an option for a winter wellness cooking demonstration of healthy 3pm pick-me-up snacks and juices or nutritious meal preparations to boost and elevate you brain and immunity.
May	TBC	<i>'Stress Less, Live more, and Thrive'</i>	<i>Empowerment Efficiency</i>	'Stress less, Live more, and Thrive' – leading into a significant period of change, this will enable employees to build further on the stress signs and symptoms addressed in the 'riding the wave of change' workshop. In times of turbulence and upheaval, embracing change and challenges is a conscious positive commitment.
June	TBC			



# ELEVATE YOUR RESILIENCE PROGRAM WORKSHOPS



**EXPERTLY-DESIGNED EXPERIENTIAL + FUN  
WORKSHOPS, TEAM BUILDING + PROGRAM SERIES**

'Sleep Well' Session  
Self-Led Leadership  
Riding the Wave of Change  
Stress less | Living and Thriving  
Kindness and Self Care Matters  
Uncovering the Science of Emotions  
Express Yourself with Confidence  
Creating a Vision of your Ideal Life  
Spinning your Wheel of Life into Balance  
Beyond Bullying | Embracing Diversity  
Elevate your Resilience, Mood and Mindset  
Clearing the mind | Meditation and Mindfulness  
Dealing with Difficult Behaviours and Situations

# ELEVATE YOUR TEAM BUILDING



## BESPOKE TEAM BUILDING EXPERIENCES

The Dance Experience  
Circus Extravaganza  
The DJ Academy  
The Laughter Yoga Experience  
The Great Race  
The Cook Well Challenge  
Do You Believe In Magic  
The Hola Hooplah  
The Film Festival  
Survivor On The Streets  
The Time Traveller  
Art Express Yourself  
The Move Well Movement





# ELEVATE YOUR RESILIENCE PROGRAM EXAMPLES



## EXAMPLE PROGRAMS

### EXPERTLY CURATED PROGRAM SERIES

#### MONTHLY SESSIONS

- Month 1 Balancing Your Wheel of Life
- Month 2 Work Life Integration Challenge
- Month 3 Meditation & Mindfulness Immersion
- Month 4 Mindful Moments Challenge
- Month 5 Stress Less, Living, Working & Thriving
- Month 6 Stress Less Challenge
- Month 7 Get Unplugged
- Month 8 The Digital Detox Challenge
- Month 9 Self Care & Kindness Matters
- Month 10 Kindness Matters Challenge
- Month 11 The Key To Connecting
- Month 12 Vulnerable Connection Challenge

#### QUARTERLY SESSIONS

Q1: Theme - Stress Less (Physical Health)  
Stress Less, Living, Working & Thriving  
Stress Less Challenge

Q2: Theme - Elevate Your Mindset (Mental Health)  
Meditation & Mindfulness Immersion  
Mindful Moments Challenge

Q3: Theme - Elevate Your Mood (Emotional Health)  
Balancing Your Wheel of Life  
Work Life Integration Challenge

Q4: Theme - Elevate Your Choices (Digital Health)  
Get Unplugged The Digital Detox Challenge

“Our organisation worked with Kyla to run a wellbeing day for our staff to thank them for their hard work and to make them feel valued. We started with an idea and her team helped us grow the idea into reality. Their professionalism and expertise was remarkable, the day went off without a hitch and was thoroughly enjoyed by all. We had great feedback and our staff walked away feeling valued which was exactly what we were aiming for. Without Kyla we would not have been able to make it happen. A definite 10/10.” Wesley Mission



## RECENT CLIENT CONNECTIONS



Volkswagen



City of Perth



weber  
shandwick  
engaging, always.



CommonwealthBank



"Connection Catalysts are great content creator sand facilitators. Our sessions provided useful tools for our team that are unique, relevant and simple to implement. What a way to kickstart a focus on yourself. Great, great sessions; clear and enthusiastic. Thank you."

HR, Walt Disney Australia

"Absolutely marvelous guys. I have never received so much amazing feedback from all sides. Phenomenal!" Lyndall Jenkins. Investec Bank