

THE PSYCH
COLLABORATIVE/
THE PSYCHOLOGY
SISTERS

SEMINAR PACK

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TOPICS OF DISCUSSION

Our seminars are designed individually for you and your audience. Below are a list of our specialised topics of discussion:

- General mental health information including managing mental health and well-being
- How to manage anxiety and stress
- Support for mental health at work
- How to increase productivity
- Helping employees with their mental health
- How to talk to employees/ colleague about their mental health

We always aim to deliver informative + educational information in a laid-back and easy to understand format.

If you are interested in a seminar on something specific, please contact us to discuss further.



OUTLINE OF SEMINAR

Below is a typical agenda for our seminars, however please note each presentation with alter.

- Introduction, who we are + our clinical experience
- Body of seminar: psychoeducation regarding specific topic using interactive software such as PowerPoint or videos.
- Conclusion: Summary + questions from the audience
- Wrap up: where to find us



COSTINGS

ITEM	COST (Per presenter/ per hour)
PRESENTATION	\$180
TRAVEL	\$180
PREPARATION	\$180

- Totalled price will incur additional GST



FINAL NOTES

- We will need at least 4 weeks notice to prepare, write + create your seminar suited for your audience
- We prefer to schedule an initial Zoom call to meet with you + discuss your needs further

Thank you for your interest in our services, we so look forward to working with you.

Kat+Aimee

