



TOOLBOX TALKS

Quick, impactful wellbeing conversations for high-pressure industries.

What Is It

We understand the pressure trade-based industries face to deliver psychosocial safety support and training. Our Toolbox Talks are short, practical sessions that adapt to your business and employee needs. We can deliver standalone talks or a series of sessions, and provide materials that can feature our branding or yours. Each talk includes actionable strategies employees can use both on-site and at home.

Why It Matters

- Empowers employees and leaders.
- Reduces stress and burnout.
- Creates a culture of care and performance.

Who Is It For?

All staff, leadership teams, and wellbeing champions.

Take the Next Step
Book a consultation today
office@kowhaiwellbeinggroup.com



Toolbox Talks

Toolbox Talk Suggestions

Psychological Safety & Team Culture

- **Introduction to Psychological Safety** - What it means to feel safe speaking up at work, and why it matters for everyone on site.
- **Building Trust on the Worksite** - Simple actions that foster trust and respect among team members.

Wellbeing & Resilience

- **Recognising and Preventing Burnout** - Early warning signs of burnout and practical steps to protect your energy.
- **Managing Stress on the Job** - Quick strategies for handling stress and staying focused during busy periods.
- **Setting Boundaries for Better Wellbeing** - How to say no, take breaks, and look after yourself at work.

Communication & Difficult Conversations

- **Having Courageous Conversations** - Tips for raising concerns or giving feedback in a constructive way.
- **De-escalating Difficult Situation** - How to calm things down when tensions rise on site.

Mental Health & Support

- **Mental Health First Aid Basics** - How to spot when a mate is struggling and what to do next.
- **Peer Support: Looking Out for Each Other** - Encouraging a culture where everyone checks in and supports one another.

Safety, Hazards & Compliance

- **Understanding Psychosocial Hazards** - What psychosocial risks are (like bullying, overwork, or unclear roles) and how to address them.
- **Preventing Bullying & Harassment** - Recognising unacceptable behaviour and how to respond safely.
- **Fatigue Management** - Why rest matters, signs of fatigue, and tips for staying alert on the job.

Motivation & Engagement

- **Staying Motivated During Routine Work** - How to keep energy and engagement up, even with repetitive tasks.
- **Recognising Strengths in the Team** - Spotting and celebrating what each person brings to the job.

Toolbox Talks

Our Community Commitment

We believe wellbeing should be accessible to everyone. Through our sister company, Kōwhai Therapeutic Services, we provide low-cost counselling for the community. In addition, 5% of all revenue from Kōwhai Wellbeing Group services is reinvested into community counselling, helping ensure support reaches those who need it most.



Timeframe

30–45 minutes per talk.

How It Works

1. **Needs Assessment** – Identify key topics and goals.
2. **Delivery** – Informative sessions tailored to your organisation.
3. **Follow-Up** – Provide resources and practical tools.

Options

- **Single Talk** – A quick, focused session on a chosen topic.
- **Series of Talks** – A structured approach to cover multiple wellbeing areas.
- **Custom Branding** – Choose Kōwhai branding or apply your own for take home resources.



Office @kowhaiwellbeinggroup.com



www.kowhaiwellbeinggroup.com

CALL US FOR MORE INFO



027 415 4715