



Invest in YOUR PEOPLE. STRENGTHEN YOUR CULTURE.



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Facilitator and Co-creator of
Sustaining You.
Passionate about building
healthier, more resilient
workplaces.

Deb Field

**Social Worker & Wellbeing
Specialist**
Facilitator and Co-creator of
Sustaining You.
Dedicated to supporting people
and workplaces to thrive.

*Sustainable wellbeing.
Meaningful impact.*

The Culture of Care Framework is a
proven, practical approach to building
healthier, more resilient workplaces
where people feel supported,
connected and empowered to thrive.



THE CULTURE OF CARE FRAMEWORK

A tailored partnership with your organisation
to review, strengthen and embed wellbeing
practices that make a lasting difference.

- ✓ Review & assess current culture
- ✓ Strengthen systems and practices
- ✓ Build a sustainable wellbeing plan
- ✓ Embed a culture of care



SUSTAINING YOU PROGRAM

A 10-hour in-person workshop that equips
frontline staff with practical tools to
prevent burnout, build resilience and
prioritise their wellbeing.

- ✓ Understand burnout & vicarious trauma
- ✓ Build self-awareness & resilience
- ✓ Practical strategies for everyday wellbeing
- ✓ Tools to create lasting change



PLUS 6 WEEKS OF SUPPORT

Participants receive access to our wellbeing app, set personal
wellness goals and receive weekly encouragement and
accountability from our facilitators.

*We walk
with them
beyond the
workshop.*



WHAT PARTICIPANTS ARE SAYING



*"My goals
don't feel so
daunting and
overwhelming."*
★★★★★

*"Fill my cup
to allow me
to fill others."*
★★★★★

*"Taking time
to choose better
options rather
than unhealthy
habits."*
★★★★★

*"Understanding
burnout."*
★★★★★

*"How to be
present
at home."*
★★★★★

*This program
helps teams:*



Increase awareness
of burnout &
vicarious trauma



Build practical
wellbeing
strategies
that last



Create a culture
of care,
connection &
support



Develop resilient,
confident &
empowered
teams

*Ready to
make a difference?*

Let's create a workplace where your people feel valued,
supported and able to do their best work.

"Let's build a culture of care—together."



LET'S START THE CONVERSATION



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