

# Workplace Happiness

# Happiness Co

AUSTRALIA'S FIRST "CONTRIBUTION BASED TRAINING" IN THE SPACE OF HAPPINESS AND MENTAL WELLBEING.

## Create happier individuals, have a happy team.

Happiness Co is Australia's fastest-growing Social Enterprise.

We offer 'Contribution Based Training', giving organisations the ability to receive award-winning workshops while simultaneously contributing to our 'movements'.

Workplace Happiness is facilitated with engagement at its core and delivered by a team that is proven to empower individuals.

Our lived-experience storytelling and evidence-backed content provides participants with the resources to be in charge of their happiness and mental health, allowing them to thrive within your organisation.



- **The non-clinical approach in the pre-emptive mental health space**
- **Action over awareness, applicable to everyday life**
- **Individually focused concept, for positive organisations**
- **Award-winning & internationally renowned**

## WHAT WE OFFER

CONFERENCE KEYNOTES

STAFF DEVELOPMENT SESSIONS

ONLINE & WEBINAR BASED LEARNING

TOOLBOX MEETINGS

DEMOGRAPHIC SPECIFIC WORKSHOPS

LUNCH & LEARNS

## OUR PILLARS & TOPICS

PRE-EMPTIVE MENTAL HEALTH  
HAPPINESS

SELF-DEVELOPMENT & PERSONAL  
GROWTH

PEAK PERFORMANCE & STRESS  
OPTIMISATION

LEADERSHIP & CULTURE FOR  
WORKPLACE HAPPINESS

EMOTIONAL INTELLIGENCE,  
RESOURCEFULNESS & RESILIENCE

RELATIONSHIPS, CONNECTION &  
APPRECIATION

## Why Happiness Co

Research into preventative mental health education that integrates Lived Experience is rapidly reinforcing how effective it can be. Our approach includes rapport-building storytelling, combined with evidence-based content from various fields of happiness science. These include positive psychology, neuroscience, wellbeing models and personal coaching, as well as several other growing areas.



"A SOCIAL ENTERPRISE  
CREATED TO MAKE THE  
WORLD A HAPPIER PLACE BY  
INSPIRING THE PEOPLE IN IT"

# WORKSHOP FACILITATORS

**ROBBIE FIGG**



**HAPPINESS CO  
GENERAL MANAGER**

With over 10 years experience in facilitation, Robbie is passionate about the 3 E's: Engagement, Environment & Education to ensure your team not only absorb the important information, but enjoy the whole program.

**JULIAN PACE**



**HAPPINESS CO  
FOUNDER AND CEO**

Creating Happiness Co off the back of his own story, Julian now uses that story to develop rapport, engage the audience & build context around the content. An award-winning business owner & professional speaker, his keynotes on happiness are now world-renowned.

**MICHELLE POWELL**



**HAPPINESS CO  
FACILITATOR**

Michelle is a compelling facilitator who uses her story to empower the audience. A survivor of domestic abuse, Michelle is now an author, facilitator & Happiness Co's Lead Ambassador, helping thousands through our individual & workplace programs.

# COSTS - LIVE & ONLINE

WORKPLACE HAPPINESS SESSION	PRICE
PER SESSION (UP TO 90MINS)	<b>\$3,300 + GST</b>
<b>PACKAGES</b> HALF DAY (2 X PILLARS SAME DAY)	<b>\$5,200 + GST</b>
TWO PILLARS (2 X PILLARS DIFFERENT DAYS, BOOKED IN ONE CONFIRMATION)	<b>\$5,900 + GST</b>

**OTHER TIMEFRAMES UPON REQUEST  
ALL INC. WORKSHEETS**

## OUR CLIENTS SAY:

"I just wanted to formally say a massive thank you for your presentation yesterday. Prison staff can be an extremely tough audience who don't normally choose to express their emotions. However, I have had numerous staff approach me to articulate their appreciation to Happiness Co at the rawness and authenticity shown."

**Aaron**  
Casuarina Prison & Dept. of Justice

"These guys are amazing at what they bring. Had the opportunity of spending 90 minutes with them and 70 other work colleagues and just WOW. Total respect for what they are doing."

**Rachel**  
RSM WA

"Robbie and Julian went above and beyond to make this day as special as it could be. They are dedicated, engaging, knowledgeable and inspiring. We look forward to the next chance we can get them involved with headspace!"

**Hannah**  
headspace Australia

## SEE SOME MORE CLIENT CASE STUDIES BELOW

## ORGANISATIONS THAT HAVE CHOSEN HAPPINESS CO



» [CLICK to read our FAQ's](#)  
[Risk Management, Evidence & Research](#)

