

## R U OK Day? Topic Outline

### About the topic:

R U OK? Day has become a national call to action to empower people to connect in supportive ways, each and every day. Newport & Wildman invites you to develop a daily habit of asking the people around you, “R U OK?” Learn about a simple and effective 4-step conversation that assists you to start a conversation and confidently respond to someone who is not OK.

### What you will learn in this topic:

- Acknowledging the mental wellbeing continuum.
- Approaching a conversation and ‘trusting your gut’.
- The 4-step R U OK? conversation – how to have this conversation and how to respond if someone says they are not OK.
- Where to access further support and resources.

### Who is this topic for?

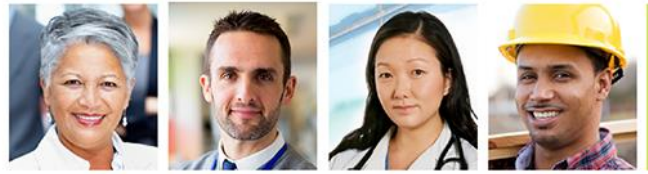
Anyone who wants to learn the tips to have meaningful R U OK? conversations with work colleagues, family, friends, and others in our community.

### How can this learning be delivered?

Delivery Method	Standard Duration
Live training	60 minutes
Pre-recorded webinar	45 minutes

We invite you to partner with us for interactive and engaging live and online training for your people (e.g.via Zoom). Alternatively, we would be pleased to deliver training face-to-face.





## What other learning is available?

The topics below compliment the learning gained from a R U OK? Day session. Talk to us about how we can assist you with other learning opportunities or how we can create a learning program for you.

- Mental Health Awareness
- Positive Psychology: Learn How to Flourish
- Manage Stress and Build Resilience

For further enquiries and bookings, please contact the Newport & Wildman Team on **1800 650 204**.

