



We work with stressed out and anxious teams to bring back balance and productivity. Stress and anxiety are rising in the workplace where a variety of stressors have been accelerating and the old coping mechanisms aren't working any more. Feelings of isolation coupled with personal and professional worries are occupying the minds of staff and seriously affecting productivity.

With this background, the task of recruitment is made more difficult and organisations are more exposed to the risk that new recruits won't settle quickly or may even disrupt a previously successful team. Depending on the previous work history of a recruit they may also bring with them deep-seated and unwanted behaviours that affect productivity and burn up management time.

The Mental Vitamins Academy was founded to meet these risks and like all vitamin use is largely a preventative approach. Not a quick fix, rather we teach staff the latest, modern techniques to relieve their stress and anxiety and to keep themselves mentally healthy going forward. A mental resilience boost that prevents stress, reduces anxiety and restores wellbeing.

From understanding what stress and anxiety are and where they come from through identifying an individual's specific triggers, to learning cutting edge therapies and planning for a calmer future. This module based program progresses through the following key areas:

- First steps – Understanding stress and anxiety
- Targeting your personal triggers
- Rebuilding resilience
- How to stay healthy
- Transform your future

Graduates of the course will be offered access to online resources to support them in a community environment. One to one access to a therapist is never far away and we are happy to help target specific issues should they arise. The course can be delivered online or in person and in most cases takes only a day with options on support packages going forward.

The 'Intensive' course is developed and run by Bonita Ackerman-Dupreez and David Ball, who bring together decades of experience in multimodal therapy, coaching and training.