



Business Wellness

In uncertain times, you need to support your people with their stress and anxiety.

Sam Adkins Wellness provides your organisation with a roadmap of sustainable tools to shift burnout and anxiety in the new hybrid ways of working.



Everyone of us has experienced emotional stress, anxiety, disconnection and trauma over the last year.

Burnout is everywhere.

Anxiety is rife.

The new hybrid way of working is presenting continued challenges on a day to day basis. We all need a radical roadmap to consider where we have been, what we have been through, and most importantly, how we move forward with relief from stress, and tools to manage uncertainty and change.

The question is, as an organisation what can you do about it? How do you provide what your people need to feel supported with mental health wellness, and still be able to work and be productive?

Our solutions work, the need is immediate, and the online programs are available now.

Our programs can be delivered virtually, or in person, and we are experienced in creating customised blended learning and support programs with virtual 'surgeries', one on ones and specialised coaching for individuals and teams.

Is Your Workplace Mentally Healthy?

Organisations that deliver effective Health and Well-Being programs to their staff, maximise productivity by reducing sick leave.

1 in 5 Australians took sick leave because they were anxious or stressed.

46% of people feel mentally unhealthy

ref: <https://www.headsup.org.au/docs/default-source/resources/bl1270-report---tns-the-state-of-mental-health-in-australian-workplaces-hr.pdf>



Sam Adkins Wellness
INDIVIDUAL & CORPORATE WELLNESS

Natural Anxiety Specialist
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Our Top 4 Business Wellness Solutions

We offer a series of online plug and play options for employees to educate and support them on their journey to mental wellness.



The Stress and Anxiety Online Library

This is our always available mental health resource providing a large range of short, informal resources to help individuals seek and find the support they need in any given moment. Topics covered range from mindfulness, nutrition, physiology, insomnia, overthinking, anxiety tools and self-care.



The Freedom From Anxiety Kickstarter Online Program

This 4 module, self-paced 21 video online program has been designed for anyone who feels stressed or anxious, and wants to understand why they feel this way; and how to tackle it holistically and effectively. This course is a perfect starter course to create an informed, enabled and empowered outcome for people who suffer from stress and anxiety.



The Stress and Anxiety Online Course Platform

This is a mental well-being hub providing a whole range of online courses from simple 30 minute courses to extensive programs with blended learning offerings. This platform can be customised for your organisation and made available for individuals to educate themselves as their discretion.

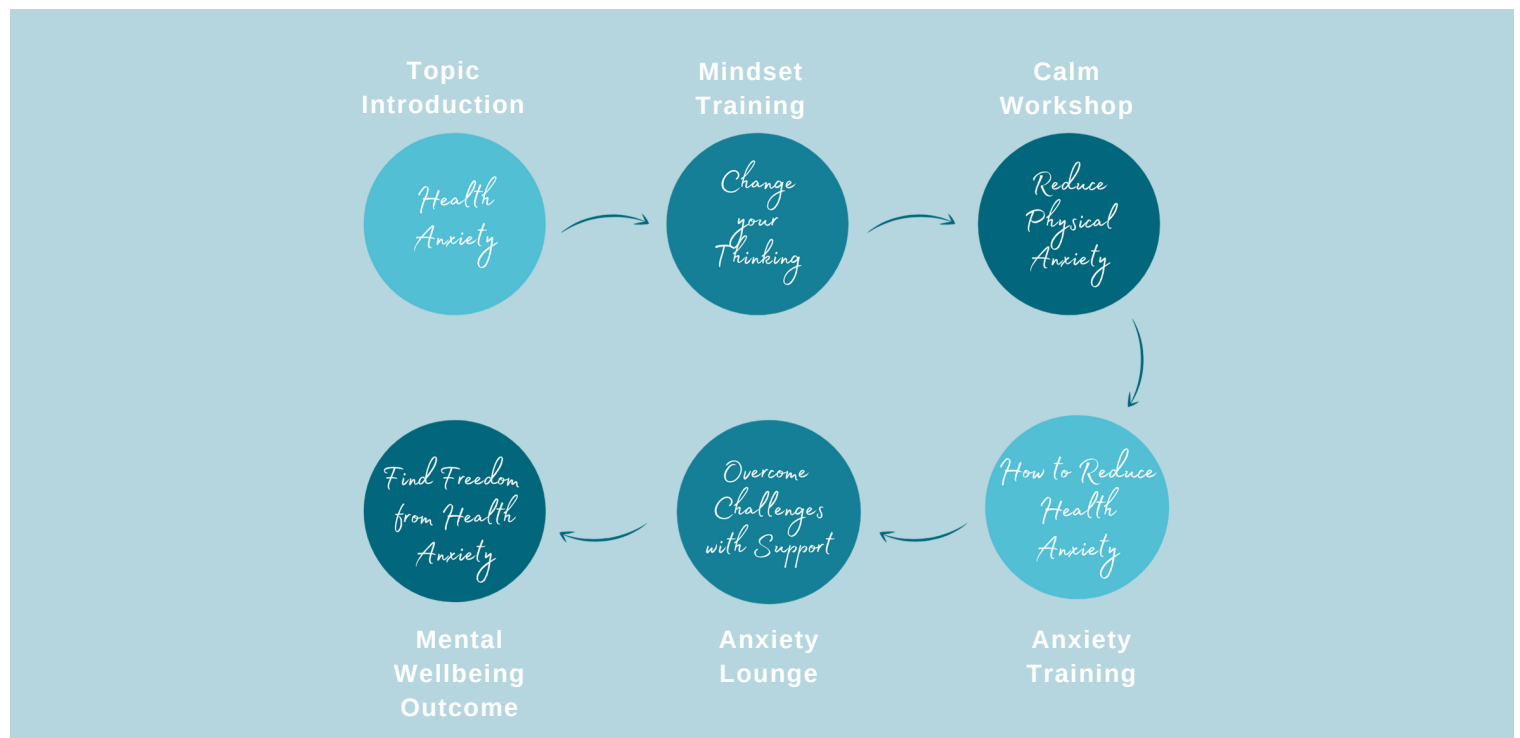
Take a Platform Tour!

The Anxiety Freedom Membership Program

Monthly Program Experience: Health Anxiety

This is our **flagship program** created to provide deep education for anxiety sufferers. Each month the educational courses focus on a specific mental health topic and involves a clinically tested and holistic methodology with mindset training, a training to promote physical calm and then the anxiety training on the monthly topic. This can then be with partnered with a powerful Anxiety Lounge session each month, which is a live Q and A for members.

Below, you can see how the program works for the monthly topic. In this example of the monthly topic of Health Anxiety, you can see how the elements of the program build a user journey to take them from the beginning with health anxiety issues to the end with less health anxiety. This format has been created based on effective mental health learning principles and has been clinically tested.



May The Inner Critic	June Anxiety Types	July Anxiety Triggers	August Sleep	September Perfectionism	October Health Anxiety	November Panic
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