

# Partners in Wellbeing

Supporting your wellbeing & small businesses

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In partnership with



# Acknowledgement Of Country

**Partners in Wellbeing acknowledges that our work in the community takes place on the Traditional Lands of many Aboriginal and Torres Strait Islander Peoples and therefore respectfully recognise their Elders, past and present, as well as the ongoing custodianship of the land and water by all members of these communities.**





# Introductions

**Please share your name and describe something that recently brought you joy.**

# Overview

- Exploring Wellbeing and Why it Matters at Work
- Signs of Poor Wellbeing
- Understanding the Impact of Stress
- Wellbeing Strategies
- Partners in Wellbeing Program
- Q& A and Feedback







# Understanding Wellbeing

What does wellbeing mean to you?



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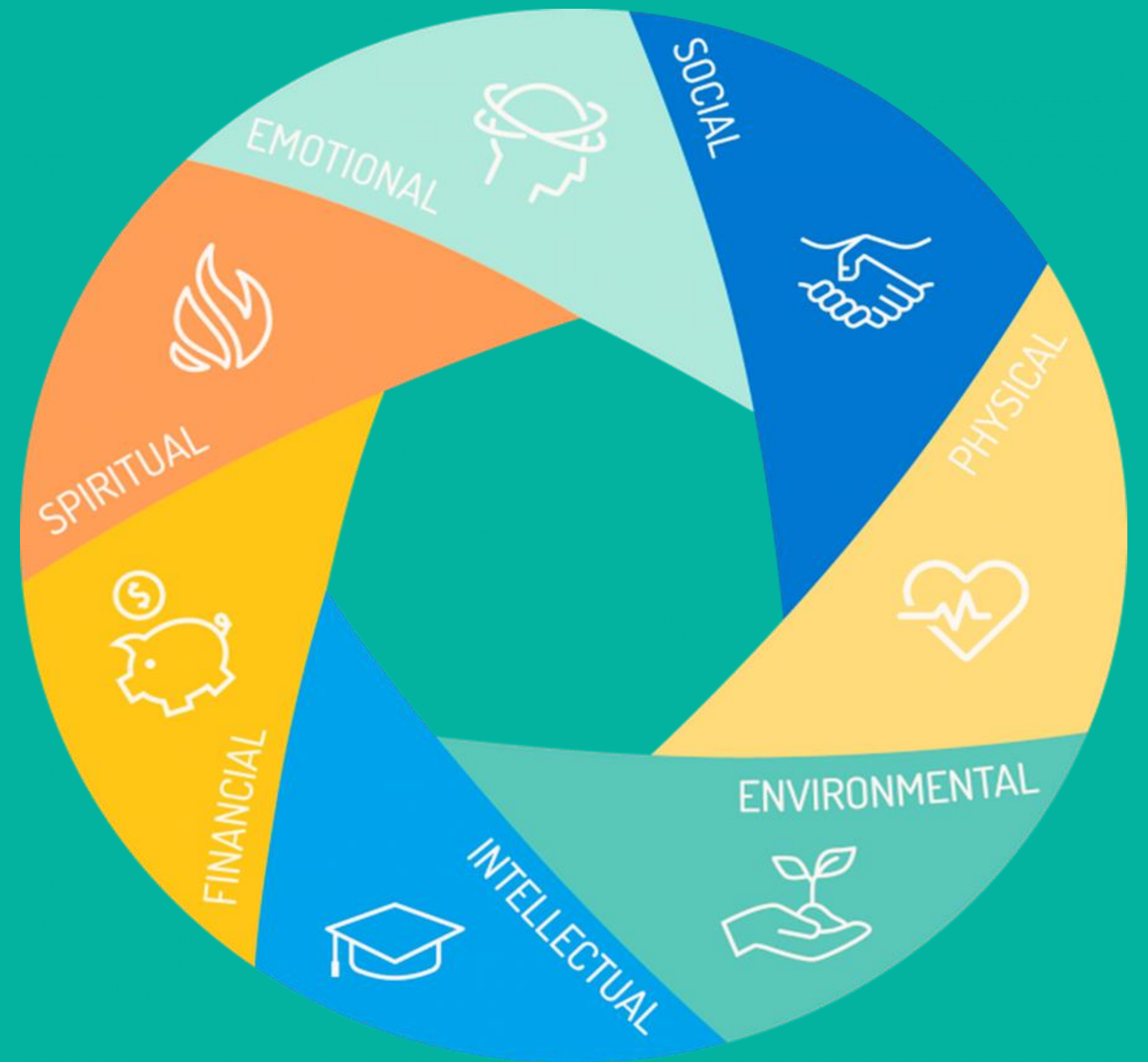


# What is wellbeing?

“Wellbeing is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions.

Wellbeing encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.”

(WHO, 2021)



# Why Wellbeing at work matters

- Improves productivity, improves commercial outcomes and helps attract and retain staff
- Low self-care increases risk of psychological harm and burn out
- Contributes to high chance of sustainability and longevity of small businesses
- ROI of \$1.30 to over \$4.70 for every dollar invested in wellbeing (KPMG, 2018)



# Signs of Poor Wellbeing



Low self-worth



Disrupted sleep



Family conflict and relational issues



Disconnected from others



Racing mind/Unable to sit still



Feeling persistently sad or tired



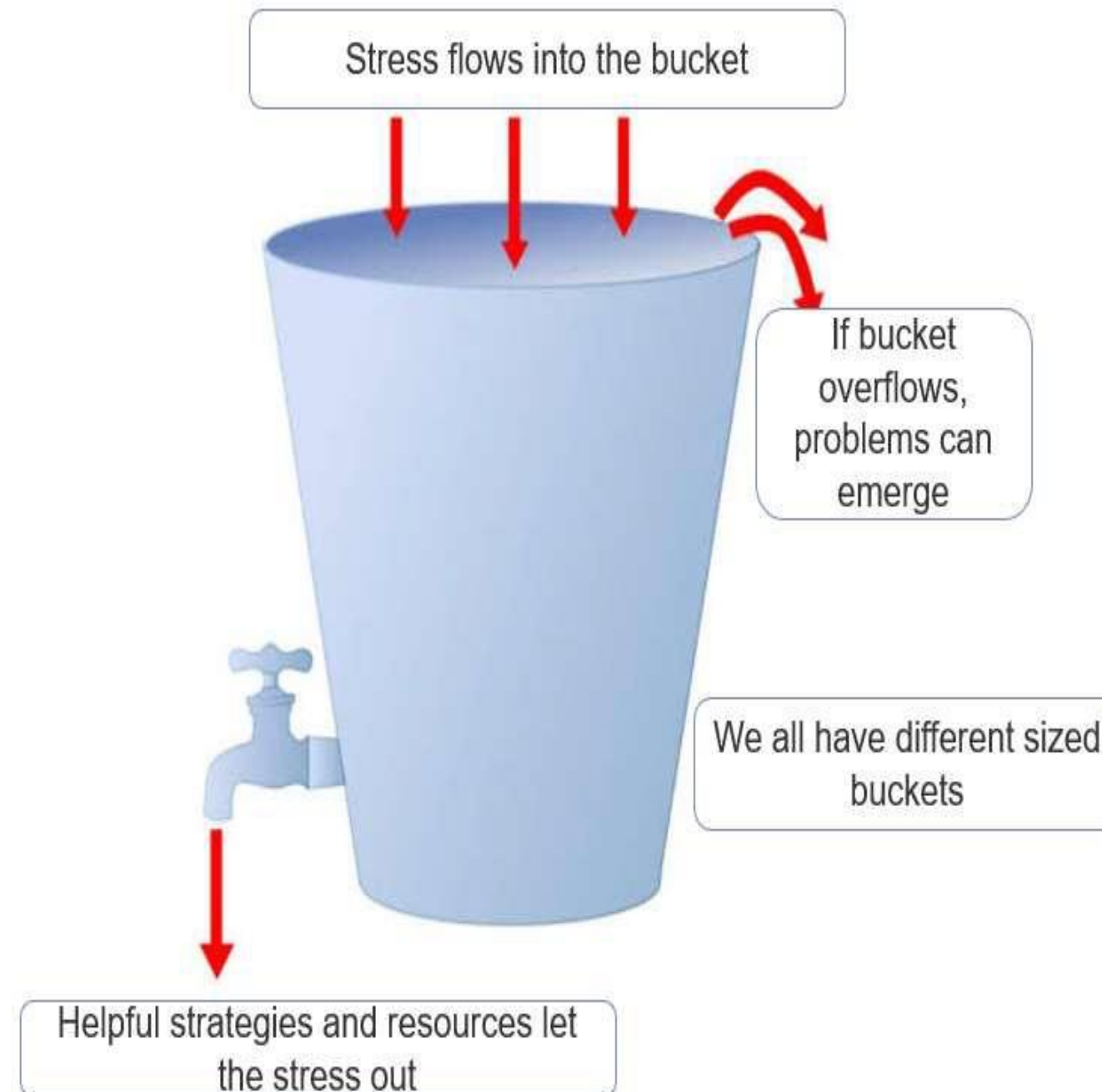
Disconnected from or too invested in business



Difficulty managing emotions



# Strategies to help – The Stress Bucket



# Stress Bucket





# Individual reflection

What do I do if my bucket is overflowing?

What stressful situations currently fill my bucket?

How I might know that my bucket is starting to overflow?

What are some strategies I can use, or would like to use, that could help to manage stress?



# Wellbeing Strategies



Exercise and movement



Eating a nutritious meal



Prioritising sleep



Connecting with others



Accessing support



Focus on spiritual practices



Spending time in nature



Doing something creative



## What does mindfulness mean?

Mindfulness means focusing on the present moment. It means paying attention to what you see, hear, and feel without judging it as good or bad.

### Benefits of mindfulness

- Increased positivity and wellbeing
- Reduced stress and anxiety
- Better focus and memory
- Supports physical health
- Better sleep
- Emotional regulation



# Mindfulness Activity





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## What supports are available?

### Wellbeing Coaching

- **Wellbeing Coaching** provides support to manage personal issues and help improve emotional wellbeing

### Financial Counselling

- **Financial Counselling** provides advice, information and support to manage debt and financial issues (both business and personal).

### Business Advisory Service

- The **Business Advisory Service** provides professional and practical support for small business owners.



Anxiety

Worry

Stress

Sadness



# Partners in **Wellbeing**

To be eligible for Small Business Support, you need to be 16 or over and:

- Own or run a small business in Victoria
- Experiencing increased stressors
- Your small business is located in one of [63 eligible Victorian Local Government Areas](#). Check the Business Victoria website for a [list of eligible LGAs and regions](#).



# Service Model: One Service, Three Providers

**Partners in Wellbeing is delivered by Neami, Each & ACSO**

**1300 375 330**

**Our operating hours: Monday to Friday 9 am - 8 pm**

**Saturday 9 am - 5pm**

**Closed on Sundays and Public Holidays**



**Free Interpreter  
services available**

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# Financial Counselling Support

**Small Business Debt Helpline** Speak with a financial counsellor about your situation: 1800 413

828 [Small Business Debt Helpline](#)

**Find a Financial Counsellor** Use this interactive map to find a financial counsellor in your area:

[Find a Financial Counsellor](#)

**Free Tax Clinics** For assistance with taxation debts or unlogged tax returns, please see the attached information about free Tax Clinics.



# Business Advisory Supports

[Self Employment Assistance Program](#) - funded by the Australian government

## Eligibility:

- be at least 15 years of age (or at least 18 years of age to access Small Business Coaching)
- be an Australian citizen, holder of a permanent visa, or a nominated visa holder
- not be an undischarged bankrupt
- meet any additional eligibility criteria specific to the Self-Employment Assistance service you have chosen.

How to refer: Visit [website](#) to find your local provider

Description: Self-Employment Assistance can help you with your business idea or existing business through its flexible services:

- Exploring Self-Employment Workshops
- Business Plan Development
- free accredited Small Business Training
- Business Advice Sessions
- Business Health Checks
- Small Business Coaching.

You may also be eligible for financial support while you start and run your business as part of Small Business Coaching. More information can be found [here](#).

# Business Advisory Supports

**[Digital Solutions](#)** - Small Business Advisory Service [Subsidised by the Australian government]

## **Eligibility:**

- An Active ABN
- You are based in Victoria, operate for a profit, and have under 20 full-time equivalent employees.
- You have not applied for the Digital Solutions Program in Round 2 previously.

**How to refer:** Apply to the program [Apply Here](#).

**Description:** Access to the program includes free weekly workshops and webinars as well as access to an online training platform to learn the latest digital tools and all things digital you should know for your business until 2026.

**Additionally, each eligible business can access 3 hours of 1:1 mentoring with an expert digital advisor for a subsidised rate of \$110. Hardship payment support is available.**

## Other Helpful Resources

[Financial Management Guides and Templates](#)

[ATO Small Business Toolkit](#)

[General Business Templates and Tools](#)



# Even more resources...

## [This Way Up](#)

Online evidence-based programs to help improve the way you feel

## [Mental Notes](#)

Minimise the risks to the psychological health and safety of your workers and promote a mentally healthy workplace

## [Black Dog Institute Workplace Toolkit](#)

A practical guide to break down the stigma of mental health issues, and build a work environment that promotes wellbeing

## [Heart Chat](#)

A place to find information about mental health and professionals who speak your language and understand your culture

## [Business Victoria Services](#)

Offers a range of tools, grants, programs and support services for Victorian businesses to operate and build business capability

## [Migrant Workers Centre](#)

Empowers migrant workers in Victoria to understand our rights, enforce them in our workplaces, and connect with other migrant workers

## [Embrace Multicultural Mental Health](#)

Platform for Australian mental health services and multicultural communities to access resources, link to services and information in a culturally accessible format

# Partners in **Wellbeing**



1300 375 330



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partnersinwellbeing.org.au



@partners\_in\_wellbeing



@PartnersInWellbeingFB

For more information  
visit our website:





# Feedback Questions

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**We value your feedback. Please use the QR Code below to access our feedback form.**

19.03.25



Would you  
like support  
from us?

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Would you like support from  
Partners in Wellbeing program?  
Please use the QR code to fill up  
the form.

