

# DONNA THISTLETHWAITE

MENTAL WELLNESS ADVOCATE, KEYNOTE SPEAKER, AND TRAINER

Donna Thistlethwaite experienced a mental health crisis in 2012 that culminated in jumping from Brisbane's Story Bridge in an attempt to end her life. Today she is an award-winning entrepreneur and accomplished speaker, sharing her journey and insights to empower and equip individuals and leaders with awareness and strategies to create emotionally resilient individuals and teams.

45% of Australians aged between 16 and 85 experience mental illness during their lifetime. Poor mental health is estimated to cost the Australian economy \$10.9B per year\*. It's disrupting workplaces just like yours but with a proactive approach, it can be combated.

From your highest performer to the one you worry about, Donna's powerful story and practical, easy to implement, resilience strategies will improve psychological safety and boost performance.

Imagine a return on investment of \$2.30+ for each dollar spent creating a mentally healthy workplace! Research\*\* shows us that's exactly what happens when you choose to invest in building the **Mental Wellth**© of your team.

Book one of Donna's keynotes, or a tailored workshop, today to improve psychological safety and wellbeing within your organisation (full details over page).

Quite simply, it's one of the best decisions you can ever make as a leader.

**You can see Donna in action at [bit.ly/Donnaspeaks](https://bit.ly/Donnaspeaks).**

\*ABS National Survey of Mental Health and Wellbeing: Summary of Results, 4326.0, 2007.

\*\*State of Workplace Mental Health in Australia – Report 2014 by TNS and Beyond Blue



Donna  
Thistlethwaite

AS FEATURED ON  
AUSTRALIAN  
STORY

## AUDIENCE REVIEWS

"Donna is a wonderful storyteller and public speaker - helping to bring a long overdue focus to ensuring we all look after our mental health and well-being. She does so with sensitivity, humour, and a genuine care for all." G Moyle, Queensland University of Technology

"Donna's engagement with our senior management audience was captivating and delivered the desired outcomes we were hoping to achieve in commencing the change process for the audience. Donna is as effective with a small group of senior executives as she is with a large 100+ audience." M Dodson, Seqwater

"Can you afford to lose a member of your team, or a senior leader, to suicide? Suicide is preventable. Donna's story and tools build your team's capacity to thrive when challenged and to have a positive impact on mental health for themselves and those around them." D Gradidge, Powerlink Queensland

"Donna uses her lived experience to provide the key tools, insights and strategies that build the resilience of individuals, organisations and communities to create and enjoy fulfilling lives." J Nightingale, Energy Queensland Limited

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## KEYNOTE AND WORKSHOP OFFERINGS

### KEYNOTE PRESENTATIONS

Donna's keynotes inspire and equip audiences to overcome challenges, address mental illness risk factors and to start thriving. Talks are tailored to your objectives and timing. Suitable for groups from 5 to 1000+ across all demographics.

**FLOUNDERING TO FLOURISHING** is for organisations wanting to create a psychologically safer workplace where staff flourish and achieve their potential. Key components are Donna's powerful personal story, insights, and six life changing practices which improve safety in the workplace and individual wellbeing.

#### Presentation Outcomes:

- An understanding that mental illness can strike anyone and the knowledge and skills to minimise the risk and impacts.
- Practical strategies for flourishing professionally and personally which boost psychological safety and productivity.
- Reduced stigma through the normalisation of mental health conversations.

**WE NEED TO TALK** is designed for industry conferences and large companies seeking organisational insights from Donna's crisis, in addition to achieving the outcomes from Floundering to Flourishing.

#### Presentation Outcomes (in addition to Floundering to Flourishing)

- Organisational insights which contribute to creating safer and higher productivity workplaces.

**All audience members receive a keepsake card containing six resilience strategies which enhance embedding of messages and resilience strategies.**

### WORKSHOPS

For those organisations wanting to go deeper and transform their culture to one of strong psychological safety and high productivity, Donna offers two key workshops. (One day and half day mental health workshops are also available.)

**BUILDING MENTAL WELLTH® IN THE WORKPLACE** is a two hour workshop for leaders which equips them with knowledge and skills to identify and effectively act on mental health issues in their workgroups, and to build a thriving team.

#### Program Outcomes:

- Ability to recognise signs of mental health challenges.
- Skills and confidence to act upon concerns about mental health.
- Resilience strategies to enhance personal and team mental health and wellbeing.
- Strategies for building trust, connection, resilience and psychological safety within teams.

**MENTAL HEALTH FIRST AID (MHFA)** is a 12 hour accredited workshop for leaders and staff who are interested in developing extensive, evidence-based skills to apply mental health first aid. Course can be spread over two or four sessions to suit your needs.

#### Program Outcomes:

- Improved knowledge of mental illnesses and treatments.
- Knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness.
- Standard MHFA Manual to keep, a Certificate of Completion and eligibility to become accredited as a Mental Health First Aider.

### CLIENTS INCLUDE:

