



Workplace Wellbeing Services

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Bunyarra Wellbeing Co. offers comprehensive services to help organisations promote a psychosocially safe workplace.

Factors that affect wellbeing throughout the organisation can be identified and custom programs formulated to help support change across all levels.

Some examples of Bunyarra's workplace services include:

- Workplace psychosocial evaluation
- Workplace wellbeing program development & delivery
- Comprehensive program reporting
- Workplace wellbeing check-ins
- Workforce counselling & coaching
- Management & leadership coaching
- Workplace training (delivery & development)
- Critical incident response
- Complex case management
- Mediation

Why choose us?



One of Bunyarra's many differences is our commitment to having our people on the ground, available to the organisations employees when and where they need it.

Bunyarra's people are well aware of the methods that get long term results and are committed to making contributions in the pursuit of positive change. Utilising the most effective processes ensures that Bunyarra's practitioners can help remove the barriers to people accessing the support they need. It also gives our people the most accurate insights into the culture and conditions of the work environment.

Some organisations have seen
an uptake increase of
650% over standard EAP's, due to
Bunyarra's level of engagement.

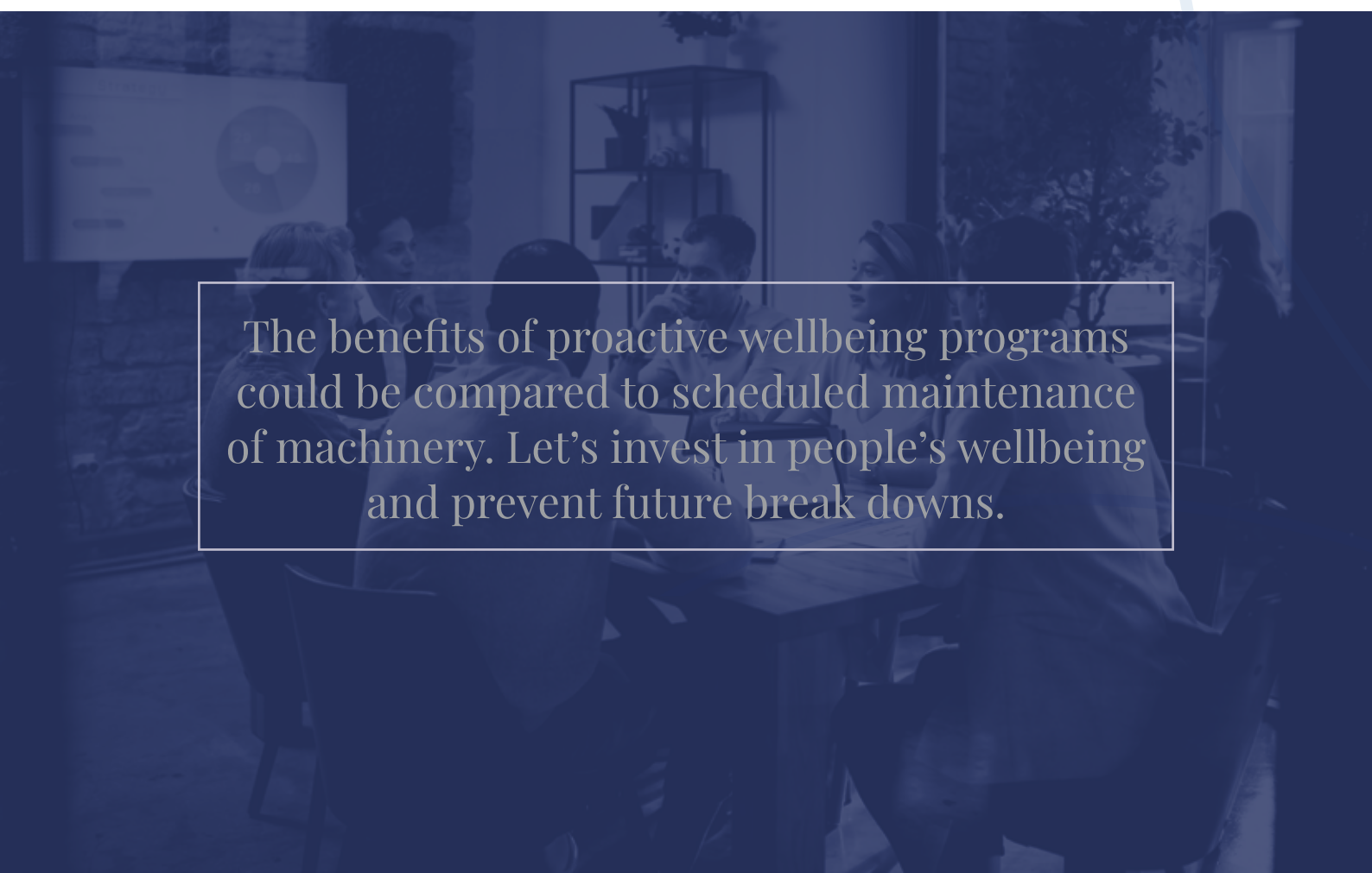
What we do, it's different.

Our commitment to being available to people on the ground helps us develop a genuine rapport with the workforce. This opportunity for consistent engagements with people builds relationships of trust and familiarity, which helps to eliminate the obstacles people often have in seeking support.

Psychosocial supports being present only in reaction to crisis may sound efficient, but we've found preventing crisis through proactive means to be a better way to promote efficiency (and wellbeing).

We work to create change by working from both the top-down and bottom-up. We are equally committed to work with management as we are to work with the workforce, and we believe we need to do both to deliver a unified wellbeing approach across the organisation.

Our capacity to recognise and adapt to our clients needs is our biggest strength. We have a range of tools at our disposal, but we favour none of them. Our focus is partnering the right approach with the most suitable tools, and delivering for our clients with minimal disruption. A one size fits all approach rarely works, so we always want to do an evaluation of workplace psychosocial hazards before making any proposals.



The benefits of proactive wellbeing programs could be compared to scheduled maintenance of machinery. Let's invest in people's wellbeing and prevent future break downs.

Our Program Approach

Bunyarra specialises in creating change within the workplace. Particular areas of workplace concern are often around psychosocial hazards and workplace wellbeing. Fully equipped to respond to these concerns (among others) Bunyarra often approach them through the implementation of client tailored programs. This provides workplaces with a comprehensive, wholistic pathway to change.

The Bunyarra team will invest the time to understand the unique subtleties of the organisational environment and its people before creating a customised program specific to the needs of the client. Each program finds the complimentary balance between developing the skills of the workforce and consulting with management to develop policies promoting an increasingly safe & productive working environment.

By tailoring each program to the workplace variables, Bunyarra efficiently bundles together the appropriate tools and processes, ensuring the ideal approaches are utilized. Equipped with a dedicated program, Bunyarra's qualified people will continue to work with the organisation through regular site attendance, helping implement the program and its tools throughout the workplace.

Experience + Innovation

The team at Bunyarra have a long history in the field of counselling and wellbeing, with over fifty years of collective experience between the two practitioners who guide Bunyarra's approach to mental wellbeing.

The team have also been nominated, finalists and recipients of numerous awards for their programs which were developed to target and respond to mental health issues and wellbeing needs.



In recognition of community contributions, Director Michael Sanford was Qld Finalist in the 2023 Australian of the Year Awards.

Our vision for change

Our vision is to improve the understanding of mental wellbeing and help implement approaches that create positive change.

We want to partner with people and organisations to promote a proactive approach to issues around mental health. Let's not wait for individuals to reach crisis before having a conversation. Together we want to make change.

Through education in the workplace, community and personal life, we will open doors and encourage discussion. We aim to dismantle the stigma of mental health issues and move towards a new paradigm of wellbeing.

Tailored Approach + Recognised Results



The team at Bunyarra do not operate from rigid models or approaches. Rather, we utilise our expertise to understand each client's circumstances as unique and formulate a plan to achieve the desired outcomes.

The tailored Bunyarra approach is widely recognised for its ability to help increase psychological flexibility within the workplace, achieving positive outcomes for both employees and employers.

If you would like to hear any further information regarding our approach to mental wellbeing or the services we offer please feel free to contact us via any of the channels listed below.



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ACA Registered Counsellor
Queensland Parliament Select Committee
for Mental Health Advisory Role
Qld. Finalist, 2023 Australian of the Year
Statewide Wellbeing Program 'Smile 4 Biz' Co-creator



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