



MAKING YOUR ORGANISATION A WELL-BEING CHAMPION

PRESENTED BY
THE CAUSISM INSTITUTE

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1

THE STATE
OF EMOTIONAL WELL-BEING
IN THE
AUSTRALIAN WORKFORCE

THE NUMBERS

45% of Australians between the ages of **16-85** will experience a mental health condition in their lifetime.

• PTSD	6.4%	• Panic Disorders	2.6%
• Social Phobia	4.7%	• OCD	1.9%
• Depressive Episode	4.1%	• Bipolar Affective Disorder	1.8%
• Alcohol Harmful Use	2.9%	• Alcohol Dependence	1.4%
• Agoraphobia	2.8%	• Drug Use Disorders	1.4%
• GAD	2.7%	• Dysthymia	1.3%



*ABS, National Survey of Mental Health and Wellbeing, 2008

THE NUMBERS

It is estimated that untreated mental health conditions cost Australian workplaces approximately \$10.9 billion per year.

- **\$4.7** billion in absenteeism
- **\$6.1** billion in presenteeism
- **\$146** million in compensation claims

Presenteeism is when an employee is at work but is less productive than usual because of illness or injury.



THE NUMBERS

What employees believe:

- **91%** believe mental health in the workplace is important
- **52%** of employees believe their workplace is mentally healthy
- **56%** (five in ten) believe their most senior leader values mental health



*TNS Social Research, State of Workplace Mental Health in Australia,
October 2019

THE IMPACTS

- **21%** (one in five Australians) have taken time off work in the past 12 months because they felt stressed, anxious, depressed or mentally unhealthy.
- **46%** consider their workplace mentally unhealthy.
- Employees who believe their workplace is mentally unhealthy are unlikely to disclose within their workplace if they are experiencing a mental health condition, seek support from HR/management, or offer support to a colleague with a mental health condition.



THE IMPACTS

Organisations will experience negative impact on costs due to:

- Decreased productivity and efficiency
- Decreased performance quality
- Decreased morale
- Decreased retention rate
- Decreased employee engagement



THE CHALLENGES

There is evidence of mental health stigma in workplaces.

When asked about a hypothetical co-worker with depression/anxiety employees agreed...

- 10%** They should leave their problems at home
- 9%** They should 'snap out' of it
- 9%** Depression or anxiety is not a medical condition
- 9%** I would avoid them
- 6%** Depression or anxiety is a sign of weakness



2

IS YOUR COMPANY
A CHAMPION
OF EMOTIONAL WELL-BEING?

CHECKPOINT

IS YOUR COMPANY AN EMOTIONALLY HEALTHY WORKPLACE?

An emotionally healthy workplace is one that protects and promotes emotional well-being and empowers people to seek help for emotional health issues for the benefit of the individual, organisation and community.



CHECKPOINT

IS YOUR COMPANY'S WELLNESS PROGRAM A
WELL-BEING PROGRAM?



WHY THE WORKPLACE?

- Ease of access to a large number of people
- Existing infrastructures
(e.g. communication channels, supportive environment)
- Opportunity to tailor interventions to support the needs of specific groups of employees (e.g. shift workers) and within particular industries
- Cost-efficiency relative to clinical or community-based programs



HOW CAN WE HELP?

3

THE
YOURFIRST
WELL-BEING PROGRAM

WHAT IS IT?

An intervention program designed by the Causism Institute to protect, promote, and empower the emotional health of stakeholders any organisation, regardless of the industry, through the delivery of a non-talk therapy called the Mace Energy Method.



JOURNEY TOWARDS EMOTIONAL HEALING

INTERVENTION

Immediately reduce reactions to stress and enable employees to return to normal emotional functionality.

FOLLOW-UP

Ensure that the primary issue addressed during the employee's initial session has not recurred.

ONGOING SUPPORT

Continuously provide support to your workforce in order to sustain their mental health and emotional functionality.



WELL-BEING AREAS

Emotional well-being

Professional well-being

Physical well-being

Financial well-being

Social well-being

Intellectual well-being

Spiritual well-being

Environmental well-being



PROGRAM FEATURES

GENERAL APPLICATION

Can be used in any setting, regardless of the industry.

FLEXIBLE MEDIUM

Can be facilitated online or face-to-face contact.

GENERAL INTEGRATION

Can be implemented with other wellness or well-being programs.

PERMANENT EFFECTS

Results are long-term and lifetime. Old issues will not persist.

GENERAL AUDIENCE

Can be used on general or specific populations.

FLEXIBLE DELIVERABILITY

Therapeutic component can be delivered 24/7



PROGRAM BENEFITS

MOVE ON
Permanently
eliminates the cause
of upsets in minutes.

FIND PEACE
Non-confrontational;
no need to relive
painful experiences.

NEVER LOOK BACK
Upsets may be
effectively diminished
in a single session.

PROGRAM FOR ALL
Open to anyone who
want to take back
their self, happiness,
and dreams.

NO EMBARRASSMENT
Privacy is respected
by not having to
share too much.

INFORMAL SETTING
Therapy conducted in
non-clinical setting
and process



DELIVERY

RESPONSE TIME

- Within one hour at call out
- Immediately in critical situations

DELIVERY METHODS

- Phone
- At client's location
- At company's location
- At Causism Institute's office
- Over online communication platforms such Skype, WhatsApp, Zoom, etc.

AVAILABILITY

Business hours, afterhours, and emergency situations



SUPPORT NETWORK



CURRENT CLIENT SECTORS

- Allied and Alternative Healthcare
- Business Owners
- Skilled Labor
- Education
- Homemaker
- Student
- Business Services
- Primary Healthcare
- Government
- Marketing, Sales, and Retail
- Personal Care and Fitness
- Social Services
- Food Services
- Banking and Finance
- Sports
- Arts and Entertainment
- Legal and Justice Systems
- Aviation, Hospitality, and Tourism
- Agriculture
- Communications
- Human Resource
- IT
- Real Estate
- Non-medical Sciences
- Unemployed
- Retired
- Unspecified

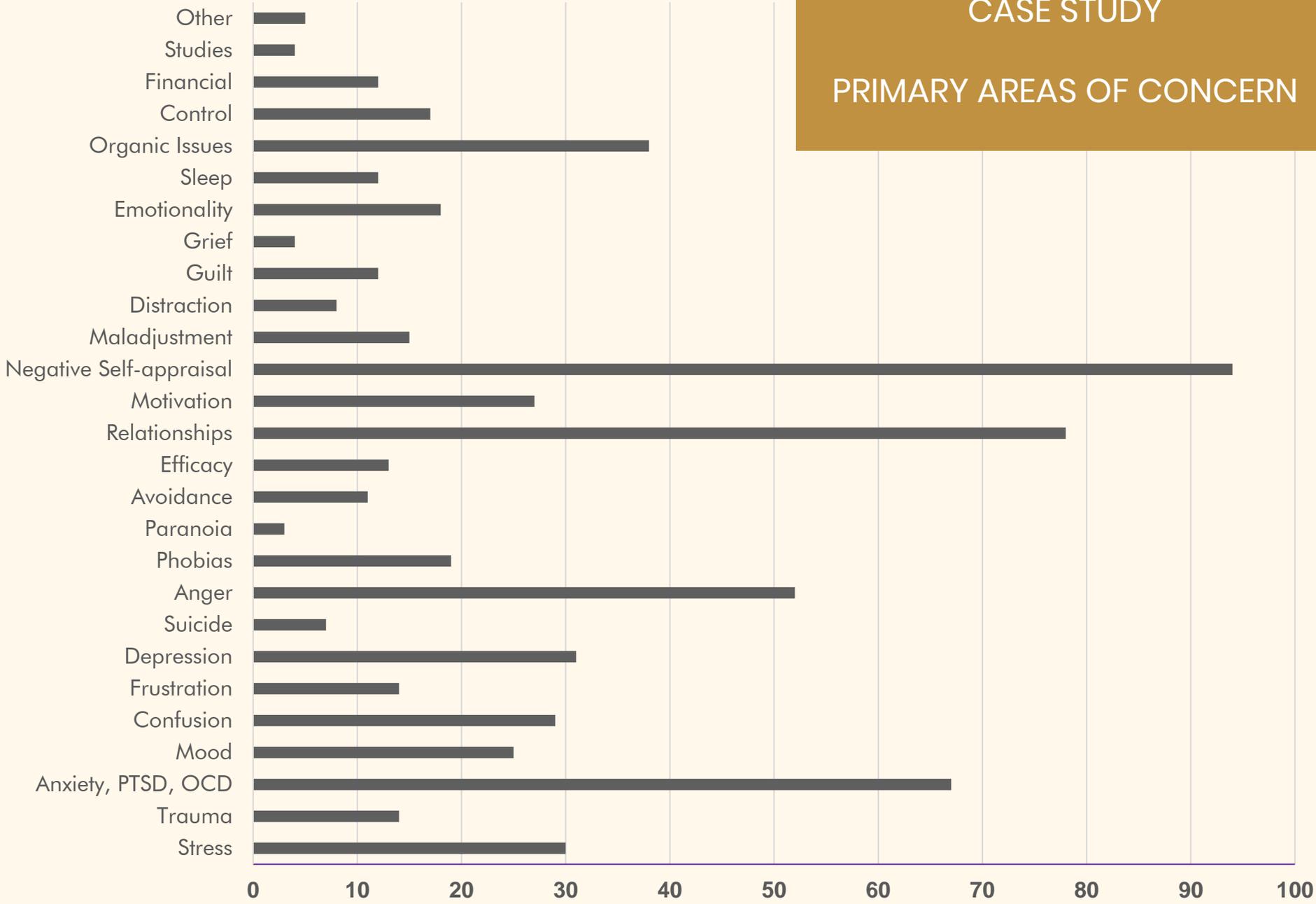


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A CASE STUDY

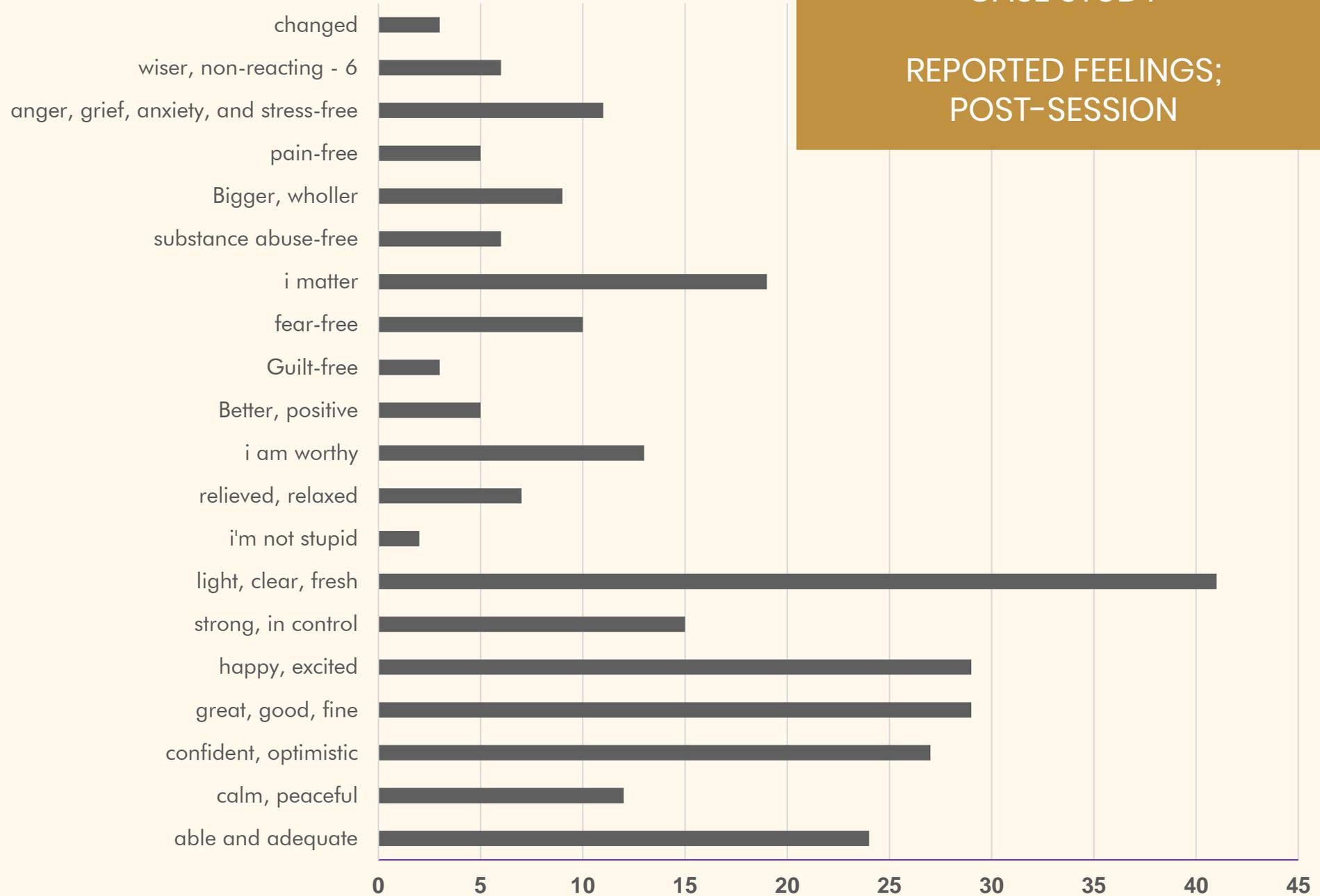
CASE STUDY

PRIMARY AREAS OF CONCERN



CASE STUDY

REPORTED FEELINGS; POST-SESSION



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THE STORIES SO FAR

STORY

Everything was getting on top of me. I was ready to end it. I was stressed, I reacted with anger to everything and everybody, I was drinking more, and I gambled to find some escape. This caused my family and co-workers to suffer the effects.

Having heard of MEM, but being skeptical, I decided to have a session. I was so surprised to find it was an emotional and head-clearing experience. My attitude towards life, my job and family has changed. I no longer felt depressed with thoughts to end it all. I no longer react with anger to situations, nor do I find the need to drink as much or to gamble. It has turned my life around. I feel I am me again. Even close friends have noticed the turnaround.

Being a very to myself man, I would not talk about my problems. I carried them inward. I found the non-disclosure of MEM a blessing. I did not have to mention my troubles, my private life, or any person or incident.

I strongly recommend MEM to all. It really works. Thank you. I am now more outgoing and happy in all areas of my life.



STORY

I came home from work to find an empty home. My family was gone. I was overwhelmed with shock, and I drank to bury the overwhelming feelings. I lost interest in my life and I could not go to work. I could not handle the overwhelming feelings of losing my family.

Then a workmate told me about MEM. I was so bad I had nothing more to lose. I cannot tell you how much it has changed my attitude. It was simply amazing to walk out of that one session with no overwhelming feelings and not tell my story. I feel more self-respect and confident. I had not realized how down I was on myself and how it affected my work and relationships.

I don't feel clouded anymore. I think clearly. I am no longer negative about myself or my life. I am handling my situation with a whole new attitude. Even my mates have commented on my change. I am now rebuilding myself and my life ready to live my potential, something I had never seen before my session. Thank you. It has changed my life more forever.



STORY

I have been at my job for over twenty years, but unfortunately, I had a work related accident which injured my back. It took a few months before I could return to work. Even though back at work, the injury kept giving me problems, inhibiting my work capacity.

After a while, workmates and bosses turned on me accusing me of bludging. This caused me great stress. I felt the whole world was against me and I became very cranky. I even resorted to Valium for help.

After one session of the Mace Method, all the stress went. Now I just go to work do and enjoy my job. I no longer use Valium nor do I react to other's comments. Also, I have not had a cranky day since. The big bonus is that when the stress feelings went my back stopped giving me problems.



STORY

One session of the Mace Method achieved what a long list of antipsychotic and antidepressant drugs could not. I now sleep nightmare-free. I once said I would sell my soul for one good night of sleep. I don't have to sell anything now. I will be eternally grateful. Thank you to John's Mace Energy Method.



I wish to thank you for the wonderful changes in my life since having that session with you. Over my life, I have suffered with depression and anxiety. I've tried many modalities to heal and change this condition, which has plagued me: counselling, regression, group therapy, attitudinal healing, breath work, bodywork, psychology, John Bradshaw family therapy and co-dependence. They all helped to some degree but the depression still reared its ugly head.



After one session with you, the change is so profound that I have decided to train with you and become a practitioner. It is the only modality that has completely eradicated my depression.



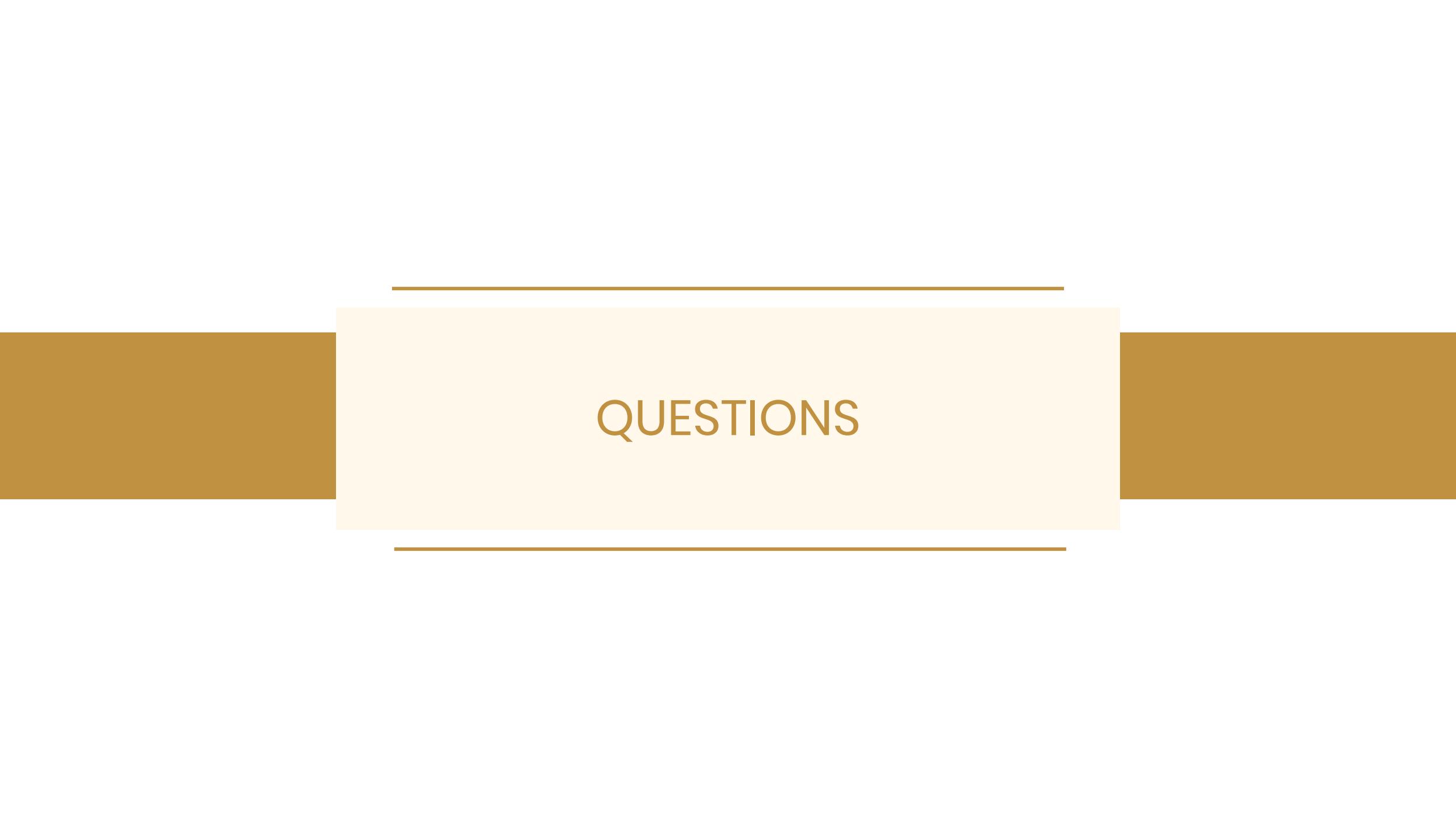
STORY

I had a mace session and I felt really good afterwards. I thought I was dumb and not as smart as my brother. I was having troubles with other girls at my school. After my session, I felt really positive about me and could not even say I was dumb anymore. I could see how me thinking that was stopping me from doing my work. I was smart and I had different smarts than my brother. Also, I knew I could walk away from the people who were not my real friends without feeling any bad feelings.



All my life, I felt guilty. As a result, I thought I had to pretend to be whatever others wanted me to be. After my MEM counselling session, I felt light and free and all my guilt feelings were gone. I regained the lovely feeling of innocence. Before my session I kept my body covered. Now, I wear what I like. I am not inhibited in any way. The Mace Energy Method is the best thing I have ever done. I am free to be me now.





QUESTIONS



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