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Two+ Rethink Programme (Education)

Rethink assumptions and make Aotearoa an even better place to live!

- What:** A free Like Minds, Like Mine programme for the staff of Education Providers (secondary, tertiary and alternative)
- Where:** Educational organisations within Wellington, Auckland, Hamilton, Bay of Plenty and Northland.
- Who:** The programme is provided by Mind and Body Consultants under their rethink brand, with support from Vaka Tautua and Mahitahi Trust. It is funded by the Health Promotion Agency under the Like Minds, Like Mine national plan.
- Why:** Stigma and discrimination and lack of understanding toward mental health issues can get in the way of people being able to open and get support for what they are facing. This programme leads to an increased understanding and tolerance of mental health challenges and our attitudes towards them. This understanding and decrease in stigma and discrimination will be beneficial not only for staff member's work with students, but staff's relationships with each other and the culture of the workplace.

Tell me more:

The Two+ Rethink Programme Package consists of

1. Workshops (2 part set) with refreshments provided. (Up to 22 participants at a time)
 - Workshop Tahī: Attitudes and Assumptions (90 min)
 - Workshop Rua: (follow-up) Celebrating diversity and inclusion (90 min)
2. Brief e-learning and online resources including a moderated Facebook group
3. Free organisational copy of Conversations for Change resource kit (hard copy value \$150)
4. Consultation hours (up to four) with Mind and Body staff to use as your organisation wishes in the area of mental health
5. Posters reiterating workshop messages.

Availability:

The programme is designed to engage with organisations rather than individuals, and is available on a first in first served basis. Workshops can cater for up to 22 participants at a time.

For more information please contact:

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