



# Re-Entry Transition Support

“ While employers are investing more in mental health, the same priority isn't being given to workforce exhaustion. This is the number-three people risk overall, but it ranks down in 14th place in terms of steps being taken to address it.

[Mercer Marsh Benefits Report](#)

**Over the last eighteen months, we have experienced one of the most challenging chapters of our lives.**

Living and working with ongoing uncertainty and juggling the competing demands on our time has left many of us feeling drained and depleted. The COVID-19 pandemic has led countless employees to question what they really want, a phenomenon known as 'The Great Resignation'.

Organisations now have the opportunity to redefine the intersection between work and life.

Flexibility, hybrid work and mental health support are key in keeping leaders and their teams engaged. We know the future of work has arrived but first we must reenergise an exhausted workforce.

**Transitioning Well is here to help.** Our team of expert psychologists are trained to equip leaders and teams with skills and insights to protect their mental health both now and in the future.

Looking for re-entry transition support for leaders? [Download our flyer](#)

## COVID Wellness Webinar Series for Teams

- **Re-Entry Anxiety:** Normalising re-entry in a post lockdown world
- **Workforce Exhaustion:** Combatting exhaustion and creating a fresh start moment
- **Hybrid Work Series:**
  - **Part 1: Transition to Hybrid:** Navigating the early transition to hybrid work and return to office
  - **Part 2: Making Hybrid Work:** Navigating the long game of hybrid work and tools for transition
- **Living and Working with Purpose:** Finding our way and why through COVID-19
- **Using Challenge to Create Meaning:** Creating meaning towards personal growth
- **Creating Space for Imagination and Possibility:** Finding time for deliberate rest and downtime
- **Environmental Mastery:** Creating a sense of control in an ambiguous landscape
- **Work-Life Transition Tactics:** Skills and strategies for work-life wellbeing
- **Balance to Boundaries:** Rethinking the intersection between work and life
- **The Shadow Pandemic:** Identifying signs of burnout and strategies to protect our wellbeing
- **Values Based Communication:** Building tools to support authentic communication
- **Languishing:** A heads up on the feeling of 'blah' and practical strategies towards flourishing
- **Finding Flow:** Building practical tools to reduce languishing and protect wellbeing



### DON'T FORGET ABOUT OUR COVID-19 TOOL BOX SERIES

The Seven Foundation Tools of Transition—a creative way to build practical wellbeing skills: [click here](#)

Services can be offered as a 'one off' or packaged up to best fit with your organisation's needs and budget. Bespoke services are also available. To find out more information please contact:

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