

Misia's Wellbeing & Leadership Programs



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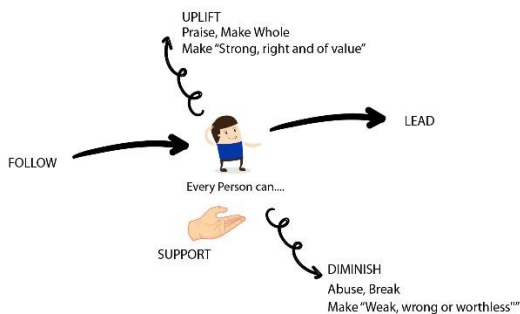


[Misia Julia](#)

Below listed are a few pathways and models which have been developed for those businesses and leaders who want to 'be the change' rather than waiting.

These approaches are progressive and encourage responsibility of self, maturity of interaction and facilitate living in peace and integrity within one's own lifetime.

"Balanced leadership" – A 6 to 12 module program to merge with the direction of the business.



"A leadership approach which improves the immediate environment. An inclusive and responsibility based approach which decreases the need for control or bullying and the incidence of abuse of power. Facilitating improvement of people's overall health & wellbeing.

Balanced Leadership can be applied in schools, workplaces, community or hobby groups and even within a family."

Presented at the *National No More Harm 2017 Conference* hosted by the ANZ Mental Health Association.

"It's All Good" Inclusive Discussion is a staff development program delivered across 1, 2 or 3 sittings.

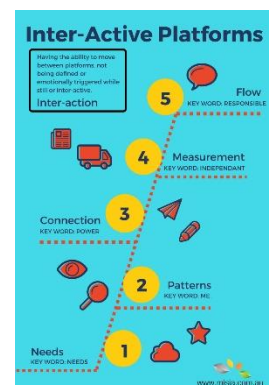
Facilitate ongoing discussion in diverse environments or decrease friction in hostile environments. This inclusive approach is effective in workplaces, classrooms, discussion groups and any other interaction when disagreement, emotionally challenging topics or personality clashes threaten the ability for the group to adhere. Piloted in university tutorial settings between 2012-2014 with the result of 90% engagement as contrasted with a 'usual' 40% (inf).

Anxiety Model A 6 session program used to assist individuals or people supporting individuals experiencing anxiety, to move them beyond the norm, habit and pattern and into a stronger self.

Emotional Development "Stage not Age" Model can assist individuals, partnerships, families, managers and educators to provide more stable and supportive responses towards others. Particularly useful when there is trauma, distress, emotional escalation or display of behavioural challenges.

This model provides a framework for parents, grandparents and carers who wish to interact positively with the children in their lives. From new-borns to teenagers, by communicating in a healthy way, positive relationships can form.

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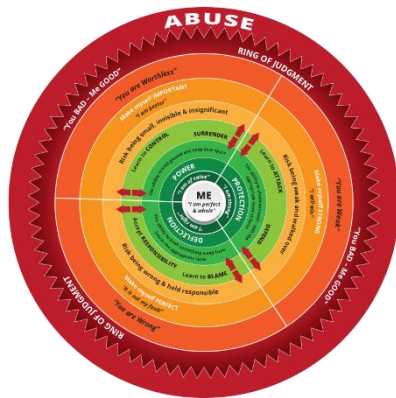
“At the Heart of Abuse” provides a framework for growth & healthy interactions even during times of stress, distress and competition. Abusive and unkind behaviours can still be found occurring in schools, workplaces, groups and in families. No one likes it, however few people know what to do to decrease its incidence.

By using this model, challenging behaviours such as ‘gas lighting’, passive aggressive behaviours as well as bullying and harassment, can be progressively and inclusively addressed from a strengths and ability perspective.

Every person has a capacity to act in strength and confidence, making a difference today not waiting until tomorrow.

Full paper available for download. Presented at the National No More

Harm 2017 Conference hosted by the Australian and New Zealand Mental Health Association



12 week emotional health & wellbeing programs.

All have been developed with a cross-generational broad user group in mind. Programs can be delivered face to face, self paced, linked to social media or online.

- **Addiction**

Money Detox – Discussion and activity based explorations around being bound to, held to, drawn into or trapped in compulsive behaviours. <http://moneydetox.weebly.com/>

- **Suicide prevention & Moving beyond challenges of identity**

Shh! Secret Business! Activity centred explorations around shame, despair, guilt and hopelessness.

- **Depression, Motivation & Feeling things are just ‘too hard’**

Reframe, Activity centred explorations around feeling lost, confused, stuck and trapped.

- **Confidence and Sense of Self**

Emotional Fitness program – includes information and weekly mind-body circuit with emotion focus. Discussion is optional.

All tools, activities, models and programs are developed with the individual in mind and the idea that as a single person becomes stronger, more resilient and emotionally stable, the impact on their environment and the people around them ripples out. It is possible to argue, disagree and dislike things while being concurrently respectful and in good mental and emotional health.

Best wishes!



Misia Julia