



Presented By:
Connected au

Corporate Program

2024/2025

Workshop Team



We believe that connection is the key to a full life. It is our mission to ensure that all Australians feel seen, valued & connected. Through our community programs, including our Letterbox Project, we have helped thousands of Australians find connection and meaning. Our education workshops are an extension of this goal and aim to arm corporate Australia, as well as schools and tertiary education sectors, with the tools to live a connected, happy life.



Mea Campbell

Chief Executive Officer

Professional speaker, lawyer and founder of Connected au, Mea brings our education programs to life with warmth and passion.



Leah Mano

Senior Program Facilitator

An experienced partnership manager with a rich working life (Honk Kong and New York are clear highlights) Leah adds bursts of energy and enthusiasm to any room she enters and is integral in the delivery of our workshops and presentations.



Danni Pontello

Senior Program Manager

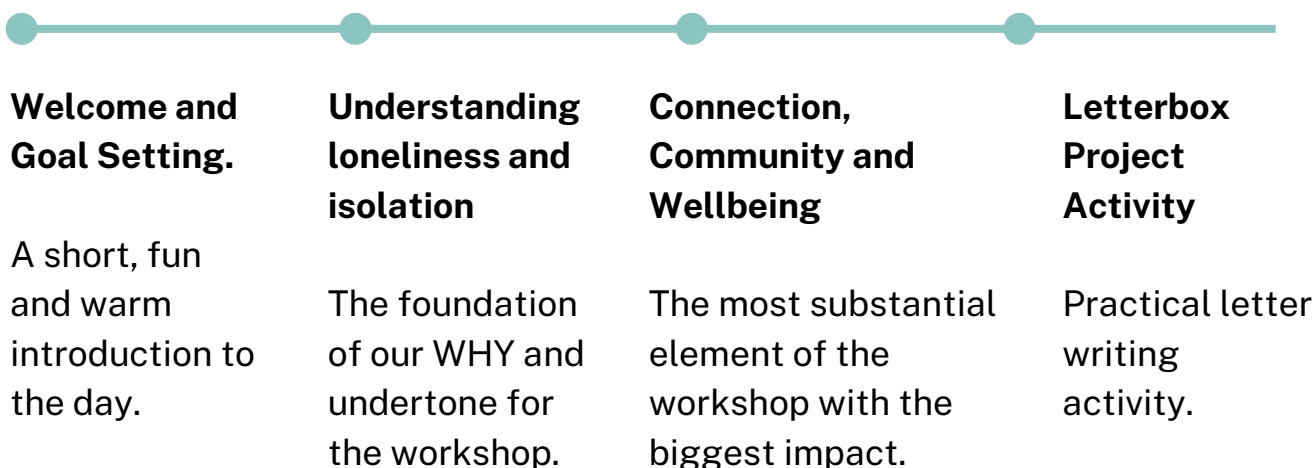
Danni oversees our Connected AU Projects, including corporate events & clients, staff, online members & clubs, website management, community growth and partnerships.



Workshop Overview

An event that will leave your team feeling connected and inspired.

Our corporate program is designed to engage and inspire your team, promoting well-being and fostering a sense of community within your organisation. The program includes a comprehensive (yet fun and engaging) 4-hour workshop conducted by three of our expert team members.



Session Breakdown

Sessions can be tailored to your individual workshop goals.



1. Welcome and Goal Setting

Our workshop begins with a warm welcome, introducing our friendly team and outlining the goals for the day. We share who we are, what Connected AU stands for, and the positive outcomes participants can expect.

This engaging session sets a collaborative tone, ensuring everyone feels included, excited, and ready for the journey ahead. It establishes a strong foundation for the day, fostering a shared sense of purpose, community, and anticipation among all participants.

2. Understanding Loneliness and Isolation

This section delves into the critical issues of loneliness and isolation, highlighting their profound impact on health, the economy, and society. Through an engaging presentation, we explore why these issues matter, both personally and professionally, and identify those most at risk.

The part includes videos, celebrity testimonials, engaging games and ends on a high note with an interactive quiz, making the learning process enjoyable and rewarding, while emphasizing the importance of addressing these challenges.

3. Connection, Community, and Wellbeing

In this segment, we delve into the heart of connection and community, exploring how these essential elements enrich our lives. We'll discuss the power of staying connected with ourselves, our communities, and our surroundings, and delve into why these connections are so vital for our mental and physical well-being. Expect fun, interactive activities that not only make the session lively but also underline the joy and importance of strong, supportive relationships.

On top of the foundation of connection, we explore wellbeing topics like emotional intelligence and personal development. Staff will learn how to navigate and manage emotions, fostering strong personal and professional relationships. We also empower the room with tools for personal growth, helping participants set and achieve goals, boosting confidence and self-worth. This approach ensures everyone leave not just connected but also equipped with practical skills to enhance everyday life.

This particular part of the workshop will make your team feel revitalised and deeply connected, not just to those around you but also to your own values and aspirations. This is so impactful because it merges practical learning with emotional engagement, ensuring that the concepts of connection and community are felt and understood on a personal level. Participants often leave with a renewed sense of purpose and motivation, equipped with actionable strategies to enhance their relationships and overall well-being in everyday life.



4. Letterbox Project Activity

The final section involves a hands-on activity where participants write heartfelt letters to aged care residents. Each participant receives a detailed bio of their recipient, along with writing materials and guidance from our team. This exercise not only fosters empathy and connection but is a mindfulness and wellbeing exercise flowing on from the previous component.

The letters are collected and delivered to local nursing homes, creating a lasting impact and reinforcing the value of genuine human connection.

Bio example:

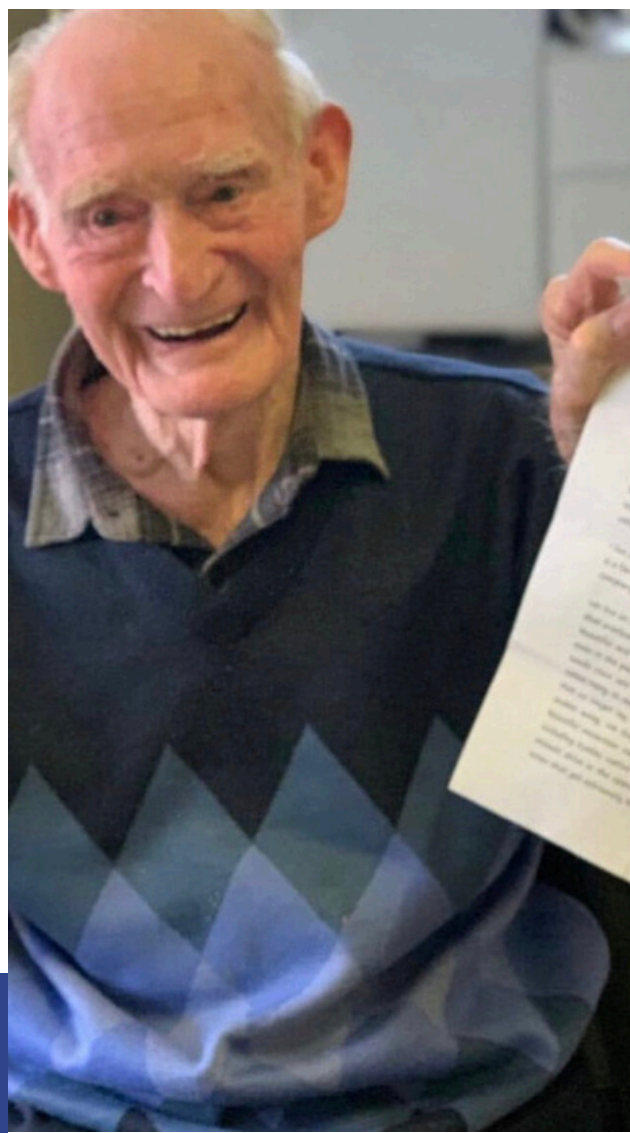
Max, 92, lives in a nursing home in NSW, is a retired policeman, had many hobbies in his life including travel, woodwork and photography.

Max was married for 63 years and his wife passed 6 years ago. He loves talking to people on the phone, keeping up with the news and world affairs, and watching sport (all sport).

He also loves animals and speaks fondly of the dogs he has owned throughout his life.

Included in this session:

- **Writing Materials**
- **Writing Guide and example letter**
- **Support from Connected au staff**



What do others say?



Canva

"This is our fourth year participating with Connected au and it only gets better. Canva Foundation work passionately to make an impact in the community and for our teams wellbeing, and we engage in many activities in the community. We see Connected au as the foundation of this, as the base for us to grow, learn and continue to make an impact.



LinkedIn

"What a session! Thank you so much to Leah and the team for bringing such an engaging, inspiring and motivating session to our team. We found the Letter Writing activity to be the perfect end for the day and really understand why this type of activity and mindset is important. Thank yoU! We can not wait for next year"



Deloitte

"Now in our 4th year, this is always such a highlight for our team. We love it and the way it is such a vital part of our impact calander.



Zurich

"So engaging! So impactful. Our team felt inspired and connected, we really valued the session and your time. Thank you!

Fee Schedule

LETTERBOX PROJECT ONLY	HALF DAY IN-PERSON WORKSHOP
Digital 15 minute introduction to the Letterbox Project from Connected au team member	In-person 4 hour workshop lead by Connected au team
	Prizes and take-home materials
	Letter Writing materials
\$1,100	\$7,500

Location and Food/Beverage Management

We offer the additional service of arranging the location and food/beverage provisions for the day. Below is a list of regularly used venues with indicative all-inclusive prices, we are very happy to work with you to source appropriate venues in addition to those below. to suit all budgets.



Contact us for further inquiries

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