



Ahead for Business

Business Wellbeing Online Training

Supporting small business to be mentally healthy



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Everymind acknowledges the Traditional Owners of
Country throughout Australia. We pay our respects
to Elders past and present.

Everymind also acknowledges those with a lived
experience of mental ill-health and suicide.

Thank you to the small business owners that
participated in the trial of our Business Wellbeing
Online Training and provided feedback so that it
could be improved to meet their unique needs.

Small business wellbeing

Small businesses make up 98 per cent of Australian businesses, and employ over five million people as Australia's largest employer. Small business owners are vital to the Australian economy, and their mental and physical health are important factors in their success. However, small business owners experience symptoms of depression and anxiety at higher rates than the general population.

Our research shows that small business owners have an increased risk of mental ill-health due to the unique business stressors they face. Traditional workplace mental health programs do not meet the specific needs of small business owners, their staff or families.

Ahead for Business is the only bespoke digital hub designed to promote wellbeing and prevent mental ill-health in small business owners.

Ahead for Business helps small business owners take preventative action on their mental health and wellbeing through personalised resources and tools tailored to their specific needs. This proactive action not only benefits themselves, but their staff and their business.

Our free Business Wellbeing Online Training helps small business owners and their employees build their knowledge to create a mentally healthy small business. It was co-designed with small business owners to address their unique circumstances. It can be accessed at any time, from anywhere, so that it can be completed when it best suits each individual user.



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I had a couple of ‘wow’ moments during the training.

- Small business owner

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Free online training

Our Business Wellbeing Online Training helps small business owners and their employees to develop their knowledge, skills and practices around mental health and wellbeing in the workplace.

It encourages everyone in the small business community to reflect on strategies to maintain their own wellbeing, and support others in the workplace.

The free, online training includes four 10 - 15 minute modules, which are self-paced and can be saved and resumed at any time.

The content is tailored to suit the specific needs of small business owners and their employees. Each topic features interactive activities, case studies, fact sheets and practical tips and tools.

Small business owners and their employees will learn about:

- Mental health and mental ill-health
- Stigma and its effects on those with mental ill-health
- Having conversations about mental ill-health
- How to manage stress and take care of your mental health
- How to create and contribute to a mentally healthy workplace.

Learn more and register: businesswellbeing.org.au

Reach and impact

Small business owners from around Australia took part in the successful feasibility and acceptability trial of the Business Wellbeing Online Training in 2021.

Over 270 small business owners participated in the pre-training survey. 63.5% lived and worked in metropolitan areas and 36.5% in rural Australia. Participants included new business owners and those that have run their business for over 30 years.

Over 60 small business owners took part in the post-training survey. 100% found the training easy to understand, and said they would recommend the training to other small business owners.

Mental health literacy and self-efficacy both increased after completing the training. This means that small business owners felt more confident and able to maintain their own mental health, and support others. The research found that the training is a feasible and acceptable method of sharing mental health and wellbeing information with small business owners.

In the words of some small business owners, the training was “very informative”, “flexible for different workplace environments” and “brief enough to be doable for everyone.”

The Business Wellbeing Online Training was expanded in 2022 based on the feedback of small business owners in this research trial.

The updated edition includes a brand-new training pathway tailored for small business employees, and new content for small business owners. These new elements recognise the different roles that owners and employees play in creating a mentally healthy workplace.



I would love to be able to access a version for my staff.

- Small business owner





The first time I've had information that was practical and take-away was in this course.

- Small business owner





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