



LIFE FIRST THEN WORK

A mentally healthy workplace is built on a foundation of
People – Culture – Systems
It simply doesn't work without all three.

How Life First Then Work Helps

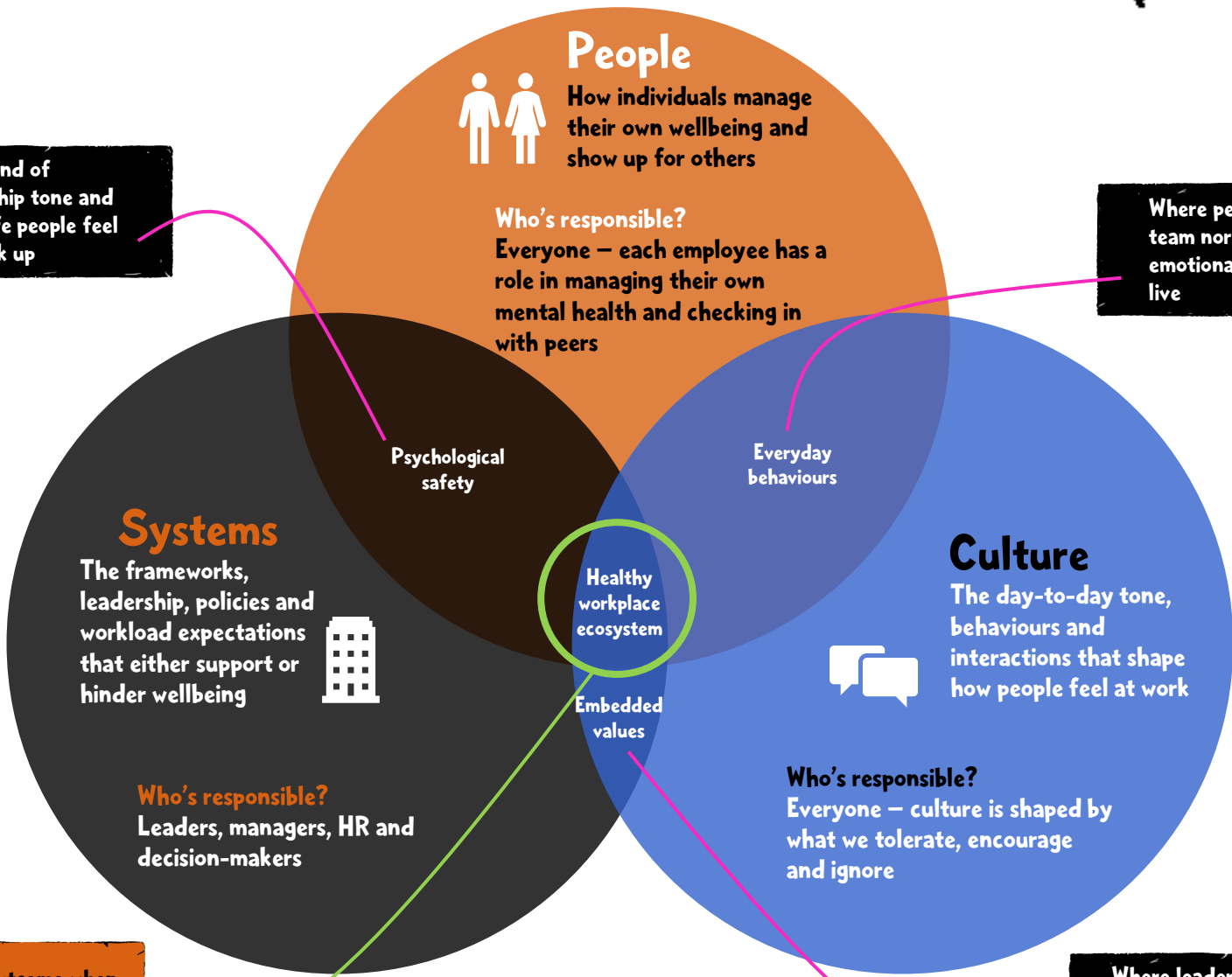
People
Employee Workshop: Awareness, self-check-in, personal responsibility, mindset shifts

Culture
Support Circle: Peer support, safe spaces, real conversations, visible care

Systems
Leadership & Strategy Session: Policy alignment, modelling behaviours, building a sustainable framework

The blend of leadership tone and how safe people feel to speak up

Where peer support, team norms, and emotional check-ins live



The ideal outcome when everything works together

Where leadership decisions shape what's normal, tolerated, or rewarded

Disclaimer: This resource is for awareness and guidance purposes only. It is not a substitute for professional medical, psychological or therapeutic advice. Life First Then Work does not provide crisis support, treatment or clinical services. Always seek qualified help when needed.

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