

HORIZONS

by **career365**[™]
START STRONG. FINISH STRONG.

4-week or 8-week Support Program For Stood-Down Employees

Keeping Your
Stood-Down Employees Engaged, Productive,
Motivated and Connected

Why should employers offer **HORIZONS**

to stood-down employees?

SUPPORT MENTAL WELLBEING

With tools and guidance for dealing with emotions like fear, uncertainty and doubt, HORIZONS helps to improve mental health outcomes and develop a stronger, more positive headspace.

KEEP EMPLOYEES ENGAGED

By taking a proactive approach to supporting your stood-down employees, you'll boost employee engagement and keep staff members connected and loyal to your brand.

DEVELOP RESILIENCE

HORIZONS offers practical techniques to build resilience and self-motivation, equipping stood-down employees to cope with the challenges they face in a healthy, positive way.

SHOWS COMPASSION

Supporting your stood-down employees through HORIZONS shows both stood-down and current employees that you're committed to acting responsibly and that you care about them.

ENCOURAGE PRODUCTIVE MINDSET

Encourages your stood-down employees to take self responsibility to improve their skillsets, learn new things, and focus on coming back into the workforce better than before.

DEVELOP HEALTHY HABITS

Participants will learn how to develop positive coping mechanisms through techniques such as mindfulness, as well as practical tips on physical wellness.

EQUIP EMPLOYEES FOR THE FUTURE

Whether the journey ahead involves retrenchment or the opportunity to return to work with your organisation, HORIZONS ensures your employees are in a strong position to move forward.

CREATE A SENSE OF COMMUNITY

The supportive community fosters a sense of togetherness, reducing the impact of isolation and reassuring employees that they're not alone.

About the program

HORIZONS is an 8-week online program that provides support, training and guidance for stood-down employees via a number of channels, including:



Message
from CEO

An optional personalised, informal, tailored message from your CEO to address stood-down employees directly and supporting them to participate in the program.



Webinars

Live and recorded webinars from Career365 founder Greg Weiss and guest experts



Community

A supportive community to promote a sense of togetherness, with carefully-moderated standards



Emails

Participants receive email messages every other weekday for regular, ongoing communication and support



Resources

HORIZONS provides access to a free library of motivational and self-help resources, including e-books, videos and mental health support resources

As an online program, HORIZONS can be accessed from any location on any device, making it ideal for participants who are self-isolating due to COVID-19.

What does HORIZONS cover?

The HORIZONS support program covers a wide range of topics designed to help participants improve mental wellbeing and stay positive, motivated and resilient.

Our created and curated content provides guidance on the following areas:

- Living with fear, uncertainty and doubt
- Living in a volatile world
- Unplugging from the news and social media
- Emotional cycles
- Foundations of building resilience
- Models for self-management
- Mindfulness techniques and the spirit
- What enriches you rather than depletes you
- Physical wellness tips
- Purpose and meaning
- Feeling good about yourself
- Building from your strengths
- Upskilling during these times
- Re-entering the workforce as a better person
- What happens if?

Pricing

4-WEEK PROGRAM

\$397 ^{+gst}
per participant

8-WEEK PROGRAM

\$497 ^{+gst}
per participant

If a participating employee is subsequently made redundant, you will receive a **reduction of \$497** on our tailored online outplacement packages.

[Click here to learn more about the Career365 online outplacement packages](#)

If you'd like to support your stood-down employees through Career365's structured online HORIZONS Program, please contact us for a chat about how we can help.

Phone: **1300 784 633**

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