

Geelong's 'The Team Approach' Sets New Benchmarks in Corporate Mental Wellness

Recent statistics reveal a troubling trend: mental health issues cost Australia's economy approximately \$60 billion each year. Geelong's 'The Team Approach' emerges as a transformative force in corporate well-being.



Geelong, Victoria Oct 9, 2023 ([IssueWire.com](https://www.issuewire.com)) - Recent statistics reveal a troubling trend: [mental health issues cost Australia's economy approximately \\$60 billion each year](#). As businesses grapple with this silent epidemic, Geelong's 'The Team Approach' emerges as a transformative force in corporate well-being.

Local Impact: A Beacon of Wellness in Geelong

In Geelong alone, small to medium-sized enterprises have seen a significant uptick in employee engagement and reduced absenteeism since adopting 'The Team Approach's' holistic wellness initiatives. By targeting the local business community, this organisation creates a ripple effect, fostering a healthier, more productive professional landscape in Geelong and potentially setting a precedent for the rest of Australia.

Shifting the Paradigm: From Assistance to Transformation

Lou Lugsdin, the dynamic leader behind 'The Team Approach,' has transformed what is traditionally known as an Employee Assistance Program into an integrated framework for enhancing workplace emotional and mental health. Guided by the mantra, "When we look after our people, they look after the business," the organisation aims to bring about a seismic shift in professional mental health norms.

Adapting to Evolving Legal Requirements

As of April 1, 2023, employers face stringent regulations compelling them to manage psychosocial risks actively. 'The Team Approach' offers more than mere compliance. It is a trailblazer, providing businesses with tools and strategies to foster psychologically sound work environments.

The Price of Ignoring Mental Health

The ramifications of neglecting employee mental health are both human and financial—reduced productivity, weakened team cohesion, and increased medical costs. 'The Team Approach' offers businesses a compelling argument for investing in comprehensive wellness strategies.

Total Wellness: Beyond Mere Metrics

While legal compliance is a necessary starting point, 'The Team Approach' has loftier goals: a corporate culture imbued with a commitment to holistic health. This includes a range of programs, from executive coaching to team-building exercises.

Metrics That Matter: Quantifying Wellness

By evaluating key performance indicators such as staff turnover rates, client satisfaction, and absenteeism, 'The Team Approach' demonstrates the concrete benefits of its programs, making the case for mental wellness as a quantifiable business asset.

Charting a Bold Course Forward

'The Team Approach' is not a mere initiative. It is a groundswell movement setting new precedents in corporate mental wellness, offering a concrete path for others in the sector to follow.

<https://theteamapproach.com.au>

Sources:

<https://www.apsc.gov.au/initiatives-and-programs/aps-professional-streams/aps-hr-professional-stream/aps-hr-professional-news/psychosocial-safety>



Media Contact

Lou Lugsdin - The Team Approach

info@theteamapproach.com.au

(03) 7043 1010

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