



# Kite

A wellbeing and learning solution delivered via a clever and calming app that takes just 5 minutes per day.





# TAKING CARE OF OUR COUNTRY SA COMMUNITIES

To say that Covid-19 has dramatically changed how people work and live around the globe is an understatement.

Supporting people through this time, in terms of wellbeing, engagement and connection is critical.

Here at Country SA PHN we know it is important to take care of our communities. By providing this Kite resource our goal is that it will help them to maintain their wellbeing, develop resilience and support the success of our shared goals, businesses and region's health outcomes long term.

## WHAT IS BEING IMPACTED THE MOST?

**Our personal wellbeing:** the way we think, feel and look after ourselves through adversity and stress

**Our social wellbeing:** the relationships we have, how we communicate, and our awareness of those around us

**Our Leadership skills:** the way we manage our teams and our businesses outside of the office environment

**How we now do our jobs:** the tools we use, how we engage colleagues and customers



# BE PROACTIVE WITH KITE

## MICROLEARNING CONTENT TO SUPPORT YOUR PEOPLE IN 4 DISTINCT AREAS

### PERSONAL WELLBEING

- ✓ Including mindset, self care, managing anxiety, and vision and purpose

### SOCIAL WELLBEING

- ✓ Including strengthening relationships, communication, mental health awareness and parental guilt

### LEADING THROUGH CHANGE

- ✓ Including managing through adversity, health promoting leadership and coaching.

### NEW WAYS OF WORKING

- ✓ Including remote working, managing time, habits for success and staying connected.





## CHOOSE YOUR OWN JOURNEY AND SPEND FIVE MINUTES EACH DAY ON YOU

- ✓ Developed by experts in health, corporate wellbeing, organisational development and resilience.
- ✓ Micro-learning - designed to be easy to use with bite-size daily activities to reduce the information overload.
- ✓ Work through it at your own pace and complete the further learning activities if you have time.
- ✓ Evidence based activities that really work - try each day and see if it resonates in your life.
- ✓ Designed to be like a book rather than an app, making it a calming and helpful addition to your phone

### Top tips!

- Keep track of your favourite Kite activities by saving them via the heart button function.
- Use a journal and write down your notes as you go.

## Personal Wellbeing

### **Calm mind**

To cope with the feelings of anxiety with Covid-19. Helps you to take care.

### **Growth mindset**

Tips on how to encourage a positive and healthy mindset.

### **Be grounded**

Exploring and determining your values during this difficult time.

### **Find purpose**

Guidance on finding your purpose and looking forward to the future.

### **Switch off**

How to create a positive relationship with technology.

### **Be present**

Mindfulness activities that be done in your home or work

### **Financial wellbeing**

Financial wellbeing and techniques

### **Just breathe**

Ideas to reduce your stress and keep calm during times of overwhelm.

### **Staying active**

Tips on staying active and looking after your body and mind. *Coming soon.*

### **Self care**

Simple ways to look after yourself

### **Sleep easy**

Tips on improving sleep quality and routines.

### **Strengths**

Finding your strengths at times of adversity

### **Heal me**

Coping with the grief of losing our previous life and living in the now.

## Social Wellbeing

### **Hear me**

How to listen to others during times of stress.

### **Better together**

How to connect in your relationship in stressful times.

### **Reach out**

Building social connection and ways to reach out to others.

### **Coping with isolation**

Understanding isolation and strategies to cope.

### **Guilt be gone**

To help ease the guilt of being a working parent at home.

### **Notice me**

Mental Health Awareness- helping yourself and others

## Leadership

### **Brave leader**

Guidance on how to provide your team great leadership through adversity.

### **Remote manager**

Tips to manage a remote workforce.

### **Reframe the change**

Elements of change using VUCA.

### **Coping with change**

How to lead your team through change and move forward

### **Lead wellbeing**

Becoming a wellbeing leader.

## Ways of working

### **Re-wire**

An interesting look into how our brain chemistry works.

### **Get unstuck**

Tips on bringing innovation into your work.

### **Remote worker**

Looking at the different facets of working from home and how to navigate them.

### **Conquer boredom**

Brain stimulation and puzzles.



## ABOUT THE KITE TEAM



**Hannah Hardy-Jones** Founder & CEO of NZ organisation The Kite Program; a unique award winning wellbeing app that started life as 'Kite for Mums". Hannah has an extensive background in HR specialising in Leadership Development and Employee Relations.



**Professor Brian Dolan OBE** RN Director Health Service 360 UK, Visiting Prof of Nursing, Oxford Institute of Nursing, Midwifery and Allied Health Research is Clinical Lead Kite Support. Internationally respected nurse, leader & author. In 2018 he was voted one of the 20 most influential people in the history of the UK's NHS.



**Sarah McGuinness** CEO/founder of My Health Revolution, Sarah advises senior leaders on how to build happy and healthy workplaces. She brings a wealth of knowledge and experience in corporate wellbeing and behaviour change. Sarah is also the founder of the Wellness Champions Network New Zealand.



**Kathryn Jackson** author of Resilience at Work; Practical Tools for Career Success finalist in the Top Six Best International Business Book at the Business Book Awards (London) and the Australian Career Book Awards 2019. Kathryn is an L&D Coach with over 20 years of HR consulting and coaching experience.



**Rhonda D'Ambrosio** Founder of Mental Health in Recruitment UK & Transformation Director at eenable. An accredited performance coach, 12 years developing recruitment techniques and frameworks based on human behaviour, 6 years of which have been focused on quality of thinking and resilience for performance.