

Managing mental health in the workplace

Peter Black



Chartered Accountants Business in Focus

April 2015

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Welcome to this April 2015 edition.

We'd all like to think that the people who work with us are happy and fulfilled. Of course the reality – we know – isn't quite like that. Mental health is a major issue in the workplace, and its magnitude is spelt out this month by business and executive coach Peter Black, in whom many have confided over the years. But increasing support is becoming available as the government and mental health agencies join forces - Peter Black brings us the detail.

Also this month, we restore balance to the recent outpourings over superannuation, which has come under attack as the government looks to shore up revenue before the May Federal Budget. Regular contributor and tax expert Michael Jones pulls things into perspective and looks realistically at possible super changes ahead.

And, surviving a major business set-back. It can happen to anyone, to you or perhaps a client of yours, and it certainly happened to small business entrepreneur and author Andrew Griffiths. It's how you respond that makes the difference and Andrew shares the lessons he learned so we can all benefit... just in case!

We have success stories from two other entrepreneurs this month. Former Olympic skier Peter Forras, who forged a highly successful ski gear company when he stopped racing down mountains for a career; and online publisher, now of Not So Freaky University fame, James Tuckerman, who's just returned from some entrepreneurial brainstorming in Antarctica of all places. It was quite a trip and James has stories we can all learn from.

There's our regular sharemarket update with some advice this month on managing our portfolios in an over-heated investing climate, the Fair Work Ombudsman's office joins us to highlight the broader service offerings it has for small businesses, and we end the program with more inspiring thoughts from gifted wordsmith Robyn Moore. This month, Robyn will help us restore the passion in our lives. She speaks from the heart as she describes lessons we can all learn from one young boy and a simple "wish".

Enjoy the program!

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Managing Director

Nick Schildberger

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Heather Dawson

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Bob Kearsley

Technical Producer

Peter Letts

Producer/Business Development

Chris Ashmore

Subscriptions Manager

Maureen Payne

Publisher

Business Essentials Media Production Pty Ltd

ABN 98 006 144 449

106/12 Cato Street,
Hawthorn East VIC 3123

Phone 03 9882 8333

Fax 03 9882 8017

Web www.be.com.au

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Information

For more information about the topics discussed on this program, please contact the relevant organisations listed below.

TAKING SNOW GEAR TO THE WORLD

Peter Forras, XTM
03 5261 6948
pete@xtm.com.au
www.xtm.com.au

MANAGING MENTAL HEALTH IN THE WORKPLACE

Peter Black, Business & Executive Coach
0419 510 955
peter.black@peterblackcoaching.com
www.peterblackcoaching.com

FUTURE DIRECTIONS FOR SUPER: A BALANCED PERSPECTIVE!

Michael Jones, Cummings Flavel McCormack
03 9252 0800
enquiries@cfmc.com.au
www.cfmc.com.au

A GUIDE TO COMPLYING WITH WORKPLACE LAWS

Lynda McAlary-Smith, Fair Work Ombudsman
03 9954 2677
Fair Work Infoline: 13 13 94
Lynda.McAlary-Smith@fwo.gov.au
www.fairwork.gov.au

BUSINESS LESSONS FROM THE EXTREME

James Tuckerman,
Not So Freaky University / Anthill Online
notsofreakyuniversity.com
anthillonline.com

SURVIVING A MAJOR BUSINESS SET-BACK

Andrew Griffiths
0410 538 521
ag@andrewgriffiths.com.au
www.andrewgriffiths.com.au
www.inc.com/author/andrew-griffiths
keypersonofinfluence.com.au

SHAREMARKET UPDATE

Elio D'Amato, Lincoln Stock Doctor
1300 676 333 or 03 9854 9444
www.lincolnindicators.com.au

ARE STRONG OPINIONS USEFUL?

Alan Hargreaves
0417 664 245
alan@alanhargreaves.com
www.alanhargreaves.com

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Robyn Moore, The Power of the Word
0438 016 303
robynmoore@thepoweroftheword.com.au
www.thepoweroftheword.com.au

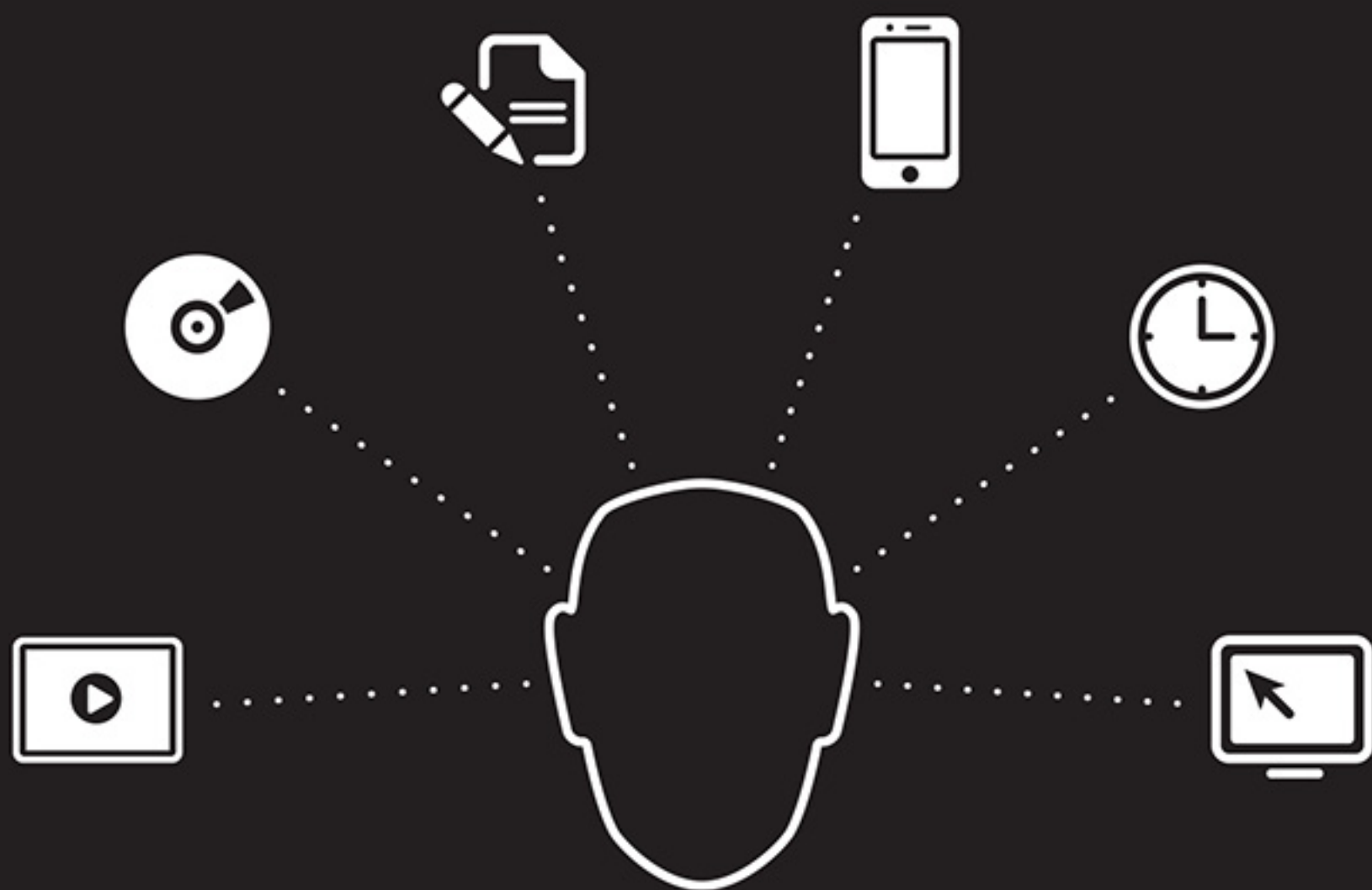
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