

## Free 'lunch and learn' mental health webinars for employers, employees and job seekers

*Mental Health Month, October 2020*

Arriba Group are reshaping the future of thousands of Australians through return to work, disability employment and NDIS allied health services. This October, during mental health month, they are providing a range of free 'lunch and learn' webinars for employers, employees and job seekers.

Presented by leading practitioners, including clinical psychologists, exercise physiologists and corporate health experts, the webinars will focus on various important topics related to mental health including:

- Morning Motivation with Paralympian Matt Levy OAM
- Mental Health and Work: Recognise, Respond and Resource – the big picture of mental health and work and how they interlink
- The Impact of Coronavirus on Workers' Compensation Claims
- Responding to Sticky Situations - how changes in the environment and within a business can impact on individuals
- How to Exercise Your Way to Improved Wellbeing
- Managing Stress and Anxiety while Job Seeking
- Mental Resilience through Adversity

The full description of available webinars and presenters can be located at <https://info.aimbigemployment.com.au/rehab-management-lunch-and-learn-webinars>

CEO Marcella Romero of Arriba Group says the webinars were developed in response to trends they have identified and feedback from clients and businesses they work with.

"There is a great need for mental wellness information and support during these uncertain and constantly changing times. Over \$1.5 billion is paid annually in workers compensation and life insurance claims for work-related mental health conditions and we are already seeing the significant impact of COVID-19 in this area, including a 35% increase in these types of claims," says Ms Romero.

Working with many business and clients across multiple industries, large and small, we are in a unique position to offer valuable insight in many areas to employers, employees and job seekers," says Ms Romero. "Utilising the skills of our allied health professionals, experts and

collaborators, we have come up with a thorough agenda of incredible webinars that can be easily accessed during a lunch break,” continued Ms Romero.

Paralympian Matt Levy OAM will be leading one of the webinars to provide people with some much-needed morning motivation. Born at 15 weeks premature with cerebral palsy and vision impairment, Matt has survived over 50 operations on his brain, heart, lungs and ears. He has competed in four consecutive Paralympic Games, winning two gold, one silver and four bronze medals.

“I’m keen to talk to people about the different versions of success, resilience, learning to adapt and having a framework to be the best version of yourself. I think all of these topics are particularly relevant for right now. 2020 has certainly thrown a number of curveballs for many people and it’s important to connect and looks for ways to navigate this time,” said Mr Levy.

Arriba Group works with some of Australia’s largest organisations, including insurers and government departments and agencies. The webinars will be offered through two of their companies, Rehab Management and AimBig Employment. Rehab Management provides return-to-work services, injury management and safety and wellbeing solutions to private and public sector clients. AimBig Employment is Australia’s leading disability employment provider, placing people with disability into suitable, meaningful, sustainable employment, while also supporting businesses recruit a diverse workforce.

Each webinar runs for a total of 60 minutes, consisting of a 45-minute presentation and then 15 minutes for questions afterwards. To register, participants can go to <https://info.aimbigemployment.com.au/rehab-management-lunch-and-learn-webinars>

Please note that all times are in Australian Eastern Standard Time (AEST). Upon registration, participants will receive an email and calendar invite with complete instructions on how to access the webinar through Zoom.

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*Media contact: Fleur Townley | [fleur@lanhammedia.com.au](mailto:fleur@lanhammedia.com.au) | 0405 278 758*