



I Am
Here

2025

I Am Here

Product and Services Catalogue

It's ok not to feel ok, and it's absolutely ok to ask for help.

Welcome to I Am Here

Three words. Big impact.

I Am Here is more than a phrase—it's a mindset and a movement creating cultures where **it's ok not to feel ok, and absolutely ok to ask for help.**

What's inside this catalogue?

This catalogue gives you a taste of the learning experiences, events, and tools available to grow a culture of courage, connection, and care.

Want more? Let's talk- there's a world of opportunities waiting.

Learning Your Way!

Are you looking for a bespoke learning solution? **I Am Here** is part of the PulseLearning Group, a global leader in innovative learning solutions, including AI.

Take advantage of their expertise!

Contact your Customer Success Manager for more information, and visit www.pulselearning.com

Don't Miss Out! Upcoming Events

Search and register for upcoming events on the **I Am Here** Events page.

<https://iamheretribe.com/events>

Catalog Quick Links

- [I Am Here Pathway](#)
- [Leaders in Mental Health Series](#)
- [Learning Your Way - Bespoke Learning Solutions](#)
- [About I Am Here](#)

I Am Here Learning Pathway

Your journey with **I Am Here** starts here. You choose how far you go—each step helps you grow the courage, confidence, and skills to support yourself and others.

- **IAH001 | The Why** – Two-minute video introduction on how three simple words, **I Am Here**, can make a profound difference.
- **IAH100 | I Am Here Certified Tribe Member** – Develop the courage, confidence, and skills to Show you care.
- **IAH200 | I Am Here Certified Ambassador** – Further your skills as a Tribe Member to act as a signpost to help and support.
- **IAH300 Ambassador Check-in and Skill Practice** – Practice your skills, ask questions and meet other Ambassadors.
- **IAH400 | I Am Here for Me Series** – Reinforce your knowledge and skills in Compassion, Listening, Empathy, Acceptance, Real Self, Financial Wellbeing, Talking about Suicide and Self Check.
- **IAH500 | I Am Here Champion** – Learn what it takes to become an **I Am Here** Champion and share the message that it's ok not to feel ok, and it's absolutely ok to ask for help.
- **IAH | Tue Trio Weekly Newsletter** – A weekly newsletter delivered to your Inbox, to remind and inspire you to focus on your mental health and wellbeing.

Delivery: Onsite or Live Virtual (45 mins – 1 hour)



I Am Here Certified Leadership Series

Mental Health and Wellbeing – MHW Leaders Series

- MHW100 | M1 Creating a Safe Space for High Performance
- MHW200 | M2 Organisational Clarity – Aligning Vision and Purpose
- MHW300 | M3 Core Values as the Cornerstone of Success
- MHW400 | M4 The Power of Relationships in Leadership
- MHW500 | M5 Sustaining Leadership Excellence—Embedding and Evolving

Course Structure

The Leadership series runs over a six-month period, supporting real-world application through practising and embedding learning in the workplace.

The series includes:

- Pre-requisite to become Tribe Member and Ambassador
- Five virtual, live facilitated sessions, each 60 mins
- **I Am Here** Leader's Reflections Notebook
- Project assignment for Certification

It's ok not to feel ok, and it's absolutely ok to ask for help.

I Am Here Continuous Learning - The Six Pillars

The Continuous Learning events cover the Six Pillars of Mental Health and Wellbeing.



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

Mental health and wellbeing rest on six interconnected pillars. When one is under pressure, the whole system can feel the strain. That's why our Continuous Learning spans all six—building awareness, strengthening confidence, and sparking action across every pillar.



The Six Pillars - Emotional Wellbeing

- **EMO-001 | Creating a Self-Check Habit** – Learn how to regularly assess and manage your emotional wellbeing.
- **EMO-002 | Understanding and Cultivating Resilience** – Develop strategies to strengthen emotional resilience.
- **EMO-003 | Understanding Burnout Through CLEAR Skills** – Learn techniques to identify, prevent, and recover from burnout.



The Six Pillars - Physical Health

- **PHY-001 | Six Pillars of Wellbeing** - Discover the six pillars that support your mental health, including Physical Health
- **PHY-002 | Self-Discipline and Habits** - Discover the Power of self-discipline and the science of habit formation,
- **PHY-003 | Balancing Work and Life** – Strategies for maintaining a healthy lifestyle.

Delivery: Onsite or Live Virtual (45 mins – 1 hour)



The Six Pillars - Spiritual Wellbeing

- **SPR-001 | CLEAR Skills for Me** – Effective communication encapsulates the CLEAR skills of Self Compassion, Listening, Empathy, Self Acceptance, and Real. **(10 min eLearn)**
- **SPR-002 | Mindfulness and Meditation** – Learn techniques to cultivate awareness, reduce stress, and enhance wellbeing through mindful practices. **(eLearn)**
- **SPR-003 | Connect with Self – Breathwork** – Learn simple breathwork techniques to calm the mind, reset the nervous system, and reconnect with your inner self. **(Recorded webinar)**



The Six Pillars - Financial Wellbeing

- **FIN-001 | Financial Wellbeing** – Tips for Managing Finances – Learn practical financial management strategies for a healthier financial life.
- **FIN-002 I Am Here for Me Financial Wellbeing** - Make the most of what you have and plan for the future. **(10 min eLearn)**

Delivery: Onsite or Live Virtual (45 mins – 1 hour)



The Six Pillars - Social Wellbeing

- **SOC-001 | Courageous Conversations** – Learn how to navigate difficult discussions with empathy and confidence.
- **SOC-002 | Practical Tips for Listening** – Understand different listening approaches and enhance communication skills.
- **SOC-003 | Bringing Your Real Self to Work** – Promote authenticity and inclusivity in the workplace.
- **SOC-004 | Compassionate Conversations around Suicide** – Build awareness and develop skills for discussing mental health sensitively.
- **SOC-005 | Connect with Community** – Explore the importance of social connections for mental health and wellbeing.
- **SOC-006 | What About Men? Supporting Men's Mental Health** – Strategies to support men's mental health and wellbeing and break stigma. **(Recorded Webinar)**
- **SOC-007 | Lifting Women's Mental Load** – Addressing emotional and mental burdens faced by women in daily life. **(Recorded Webinar)**
- **SOC-008 | Pause & Reconnect: Building Real-Life Connections in the Digital Age** – Bridge the gap between digital overload and authentic relationships to nurture your growth

Delivery: Onsite or Live Virtual (45 mins – 1 hour)



The Six Pillars - Work and Career

- **WC-001 | Beating Burnout** – Identify, prevent, and recover from workplace burnout.
- **WC-002 | Psychological Safety & Risk Management** – Understand workplace risk factors and strategies for safer work environments.
- **WC-003 | Stress Management for the Workplace** – Discover techniques to handle stress effectively in professional settings.
- **WC-004 | Time Management Strategies** – Learn productivity techniques to enhance efficiency and reduce stress.
- **WC-005 | Safe, Supported & Thriving: The Workplace You Want!**
– Discover the importance of a supportive environment for Team success
- **WC- 006 | CLEAR Expectations: Simple Strategies for Better Communication** – Tools to set, communicate, and align expectations with clarity and confidence.

Delivery: Onsite or Live Virtual (45 mins – 1 hour)

Toolbox Talks & Posters

Toolbox talks and posters are a practical way to share **I Am Here** messaging—especially with Teams who have limited tech access. They're designed to support top-down communication and can be used by managers, Team leads, or site supervisors to spark meaningful conversations onsite. Below is a sample of what's available.

I Am Here Introduction

How to Create a Self-Check Habit

CLEAR Skills

Show You Care

Dealing with Customer Abuse

Seasonal Affective Disorder

Talking About Suicide

Financial Wellbeing

Physical Wellbeing

Empathy

Six Steps to Understanding **I Am Here**

Acceptance

Compassionate Connections

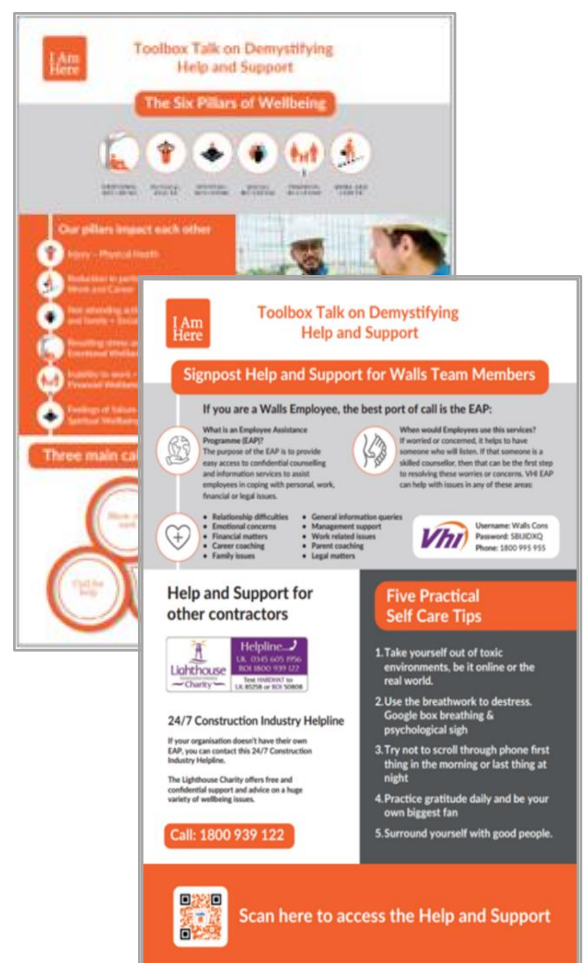
Demystifying Help and Support

Diversity and Inclusion

Hydration

Movement

Tips for Managing the Sun



Delivery Format: Canva, PPT, or PDF

Bespoke Learning Solutions!

I Am Here is part of the **PulseLearning** Group, a Global award-winning team of designers, leaders, and visionaries that provides learning solutions to Clients globally across multiple sectors.

We help evolve your learning landscape for outcome-focused business impact.



Interested in AI for Business Transformation? Ask Us.

It's ok not to feel ok, and it's absolutely ok to ask for help.

About I Am Here

I Am Here; three simple words inspire real change. They're more than a phrase—they're an action, a mindset, and a movement. We help create cultures where **it's ok not to feel ok, and absolutely ok to ask or help**—powered by compassion, courage, and connection.

Our approach is built on four cornerstones that drive mental health and wellbeing, and lasting workplace change.

The Four Cornerstones



Continuous Experiential Learning

Learning never stops.

We offer digital, live, and expert-led experiences to build courage, confidence, and practical skills.

- This catalogue highlights some of the learning opportunities available to you.



Professional Activation

We support organisations to build a culture of care through internal comms, strategy planning, seasonal campaigns, tailored events, and leadership development.



Measurement and Evaluation

We deliver clear insights through tracking, surveys, and dashboards—helping organisations measure engagement, impact, and wellbeing progress.

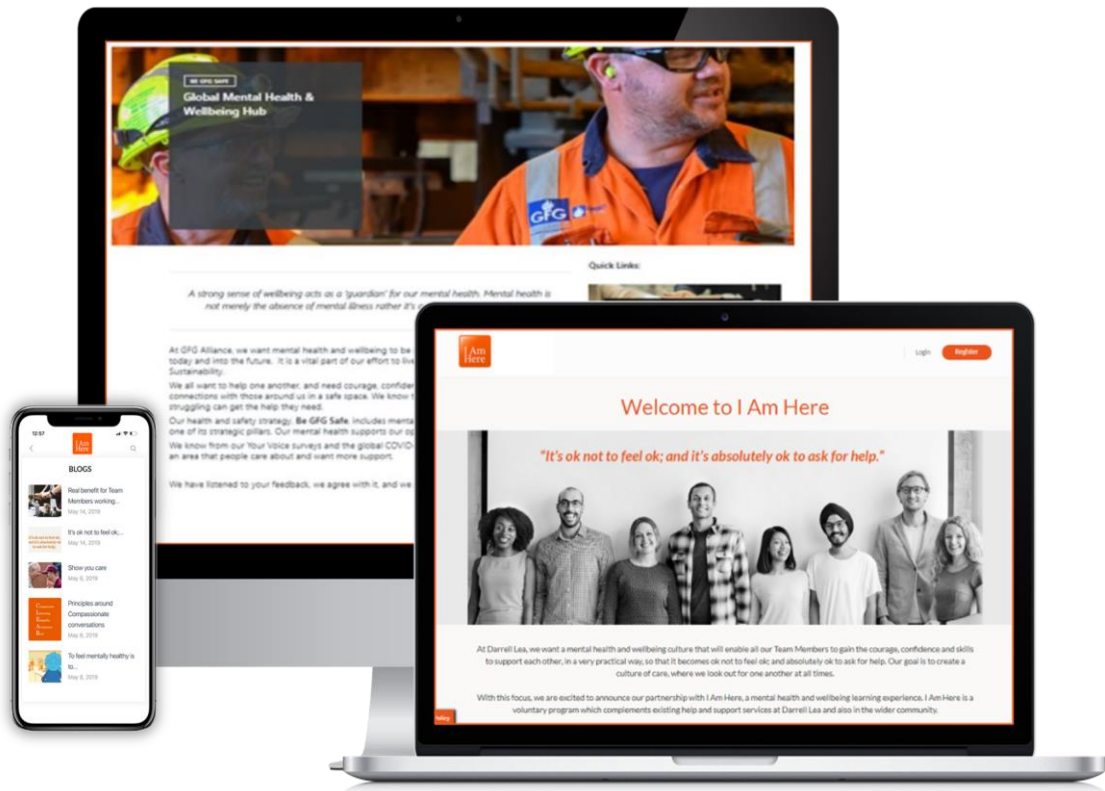


Expert Help and Support

We provide clear, compassionate pathways to professional help—through postvention, crisis response, expert support, and EAP access.

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To learn more about what **I Am Here** can do to support mental health and wellbeing, fill in this form, and our Team will be in touch.



[Book A Call | I Am Here](#)