



THE KEIL CENTRE[®]

November 2025

Wellbeing at Work

Comprehensive, evidence-based interventions & support
for psychological wellbeing

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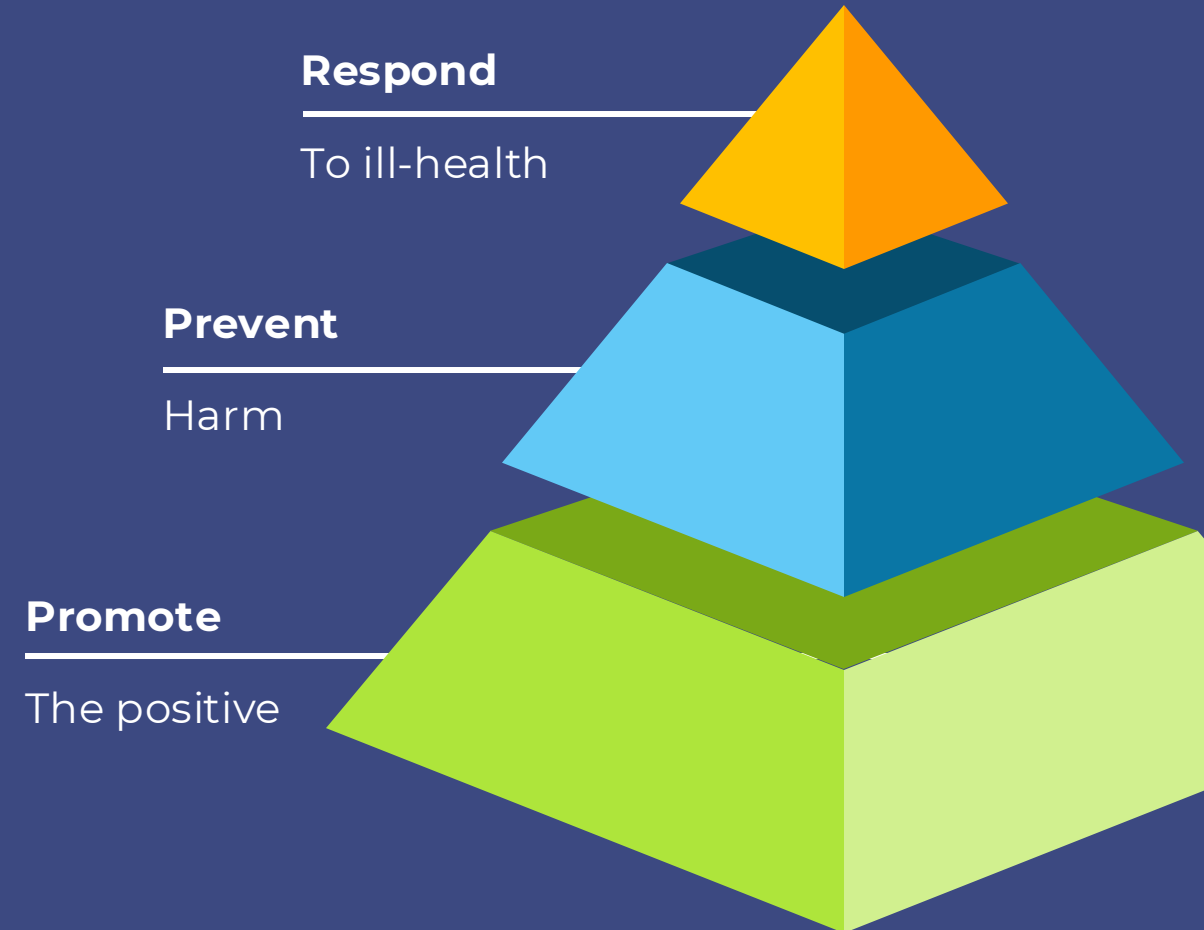


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Our Approach

Evidence suggests an integrated approach to psychological wellbeing at work: **promoting the positive** influence of work; **preventing harm** and **responding to ill-health**.

The Keil Centre has extensive experience of supporting individuals, teams and organisations in supporting wellbeing at work. We can work with you to develop tailored interventions that help you achieve tangible benefits.





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Promoting the Positive

Meaningful, motivating work has a positive impact on wellbeing.

We have a range of products and services that help develop good jobs, build engagement, develop resilience and support healthy workplaces.

Wellbeing Insights Survey

Our comprehensive wellbeing audit is designed to assess the full range of evidence-based factors that influence employee wellbeing.



WELL™ Wellbeing Ladder

WELL™ is an engaging, interactive workshop-based assessment to understand factors that affect team wellbeing. The assessment identifies strengths, areas for improvement and practical recommendations.



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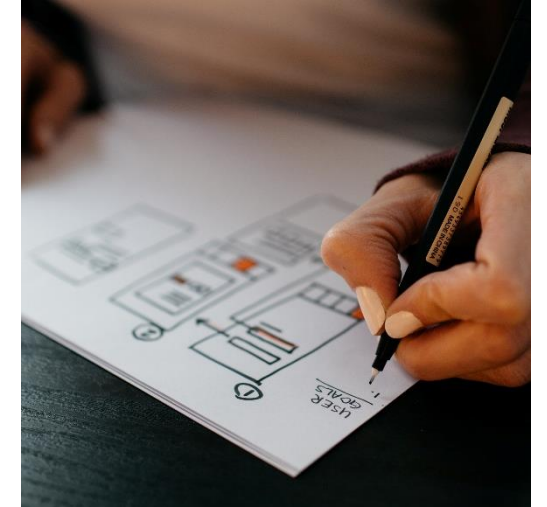
Preventing Harm

Managing psycho-social hazards at work is an important part of any integrated approach to wellbeing. Our evidence-based solutions will help you identify and appropriately manage important areas of psychological risk.

Our training suite offers practical, evidence-based support for individual, teams and line-managers across a range of wellbeing skills.

Wellbeing at Work Training

Our training suite offers flexible, modular solutions that can be delivered in-person or virtually. The courses cover essential topics such as stress management, team wellbeing, and having effective conversations about mental health.



StressTools™

StressTools™ stress risk assessment identifies current levels and causes of work-related stress, uniquely distinguishing between the frequency with which a stressor occurs and the harm it is causing.



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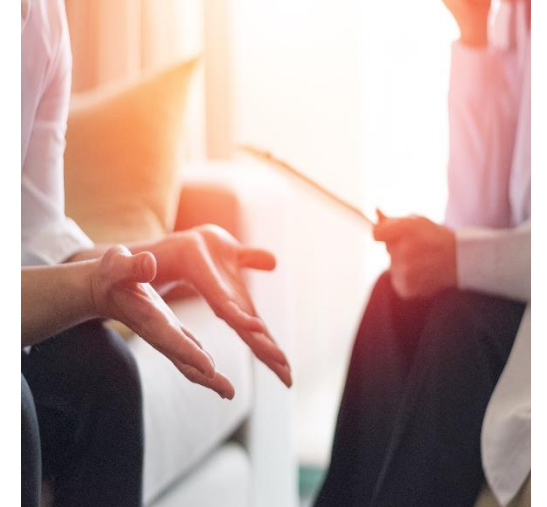
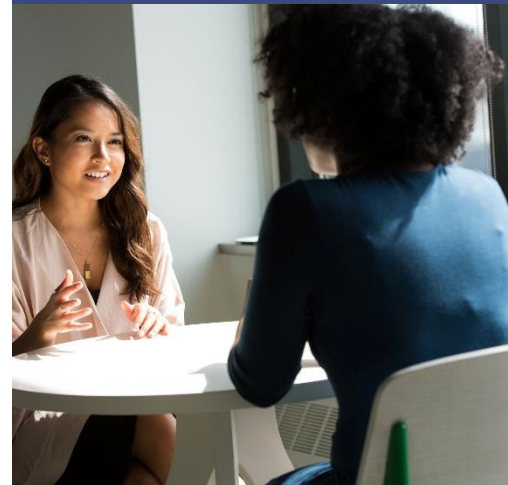
Responding to ill-health

When times are tough, individual tailored support is needed to help individual wellbeing.

Our expertise in coaching and counselling psychology means we can provide the effective support for employees experiencing a range of wellbeing and mental ill-health problems.

Wellbeing Coaching

Delivered by expert coaching psychologists our coaching service empowers employees to enhance resilience and wellbeing through evidence-based techniques and personalised guidance.



Clinical Services

Our Clinical Services provide professional mental health care to employees. Delivered by skilled psychologists in a confidential and safe environment, our service offers tailored support for a range of personal challenges.



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Recent Projects



Stop telling us to be more resilient!

Nicole Gray, Head of Australian Operations presented to the Queensland Mining Industry Health and Safety Conference on the importance of a comprehensive approach to mental health at work. Programmes that aim to increase resilience are important in the workplace but equally important is an organisation's commitment and understanding of the factors that support wellbeing rather than expecting them to show up resilient or work on it alone.



Vicarious trauma training

Our Clinical Services Manager, Lize van Niekerk, provided a public sector organisation with training sessions to recognise and navigate vicarious trauma. This session supported understanding of vicarious trauma, recognising signs and symptoms and learning about helpful coping strategies. This included identifying what organisations can do to help support those at risk of vicarious trauma.



Support and deliver mental health initiatives in your workplace



Seek feedback and suggestions on mental health topics from colleagues

The role of Mental Health Champions



Attend the Mental Health Champion Virtual Meet-up Clinics



Signpost colleagues to mental health procedures and resources

Developing Mental Health Champions

The Keil Centre supported our client to look beyond mental health first aid training and train members of staff to be 'mental health champions'. This helped them to focus on prevention and wellbeing promotion rather than only ill health. Participants reported both personal and professional benefits from attending the training.



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Our Team

Our consultants are highly qualified, with experience supporting wellbeing across various industries. Whatever your requirement, you will always be working with an expert at The Keil Centre.



Dr Chiara Amati
Director,
Chartered Psychologist

Coaching for wellbeing,
facilitation of full
training suite &
wellbeing assessments



Nicole Gray
Principal Consultant,
Senior Psychologist

Wellbeing training for
managers, wellbeing
programmes, safety
culture



Ken Gray
Principal Consultant,
Chartered Psychologist

Wellbeing training for
managers, wellbeing
assessments



Bethan Hedley
Consultant,
Business Psychologist

Coaching for wellbeing,
facilitation of full
training suite &
wellbeing assessments



Lize van Niekerk
Chartered Counselling
Psychologist

Counselling & clinical
support, with specific
expertise in trauma



Sean Riley
Chartered Occupational
Psychologist

Neurodiversity
coaching for wellbeing
& performance



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Contact Us

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