

# INTRODUCING SELF CONNECT



Self Connect is an end to end self-managed program developed by a registered psychologist aimed at improving individual self-worth and well-being, particularly in times when we have been impacted by life events beyond our control. This self-paced 8-week program has the power to transform lives by building individual psychological resilience and addressing levels of personalisation, which is often the cause of what holds us back and why we spiral into a world of fear and self-doubt.

This self-managed program is for anyone who has been affected by COVID, experienced job loss or redundancy, personal crises, relationship or financial challenges, stress, anxiety or work challenges.

Self Connect stands apart from the ocean of tips and self-help guides arising from the global pandemic. It is a guided 8 week fully self-managed program, working through different topics each week. It is designed to build self-worth, confidence and well-being for individuals living through troubled or fearful times.

Self Connect will support participants in being better able to process and constructively cope with change that has occurred outside of their control.

**Appellon offers unique solutions for helping individuals and organisations achieve and measure desired people outcomes.**

**Appellon's products build self worth for individuals and aligns workforces to collectively achieve organisational goals which results in significant individual and organisational outperformance.**

**Appellon is a technology business. We offer our unique, innovative and interconnected frameworks through a SaaS cloud-based platform known as CultureTech.**

**Appellon is a strategic PwC Align Partner.**

## STRUCTURE

- Self Connect is a self managed 8-week program designed to help individuals cope with unexpected life changes
- Every week Self Connect focuses on new topics for the participant to work through
- These topics include dealing with event impacts, acceptance, control, reset and living in a new world
- Appellon's Registered Psychologist speaks to participants through video's, activities, workbooks and automated platform communications

## FEATURES

- A self-managed program that can be progressed at each user's own pace
- A cloud-based platform that can be accessed at any time on any device
- Daily email communications with simple and effective activities and tasks
- Includes a range of exclusively designed workbooks, videos, tools and content from Appellon
- An 8-week program for \$199, the same price for one visit to a Psychologist

## BENEFITS

- Growth and development of an individual's internal psychological resilience
- Increase in an individual's sense of well-being and self-worth
- Supports individuals in making wiser decisions during times of grief and change
- Quality of life improves, purpose becomes clearer as does the ability to deal with unexpected life changes



Self Connect supports people dealing with life events that lead to an increase in stress and anxiety. Events may include:

- Global events, such as the Covid-19 pandemic
- Job loss or other challenges originating from/at work
- Financial difficulties such as bankruptcy
- Death, divorce, separation and other relationship challenges

Self Connect is the only known self-managed on-line program that takes a participant through a step by step process aimed at developing psychological resilience and well-being. Self Connect supports individuals to be able to grow and thrive during times of unwanted and unexpected life change. Self Connect is a program that everyone should work through as a duty of care to individual well-being and for community growth and advancement.



## FOR MORE INFORMATION

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