

Mind Blank Pricing Pack



Organisation Insights

Mission,

We empower people to build skills and promote mental well-being in schools, workplaces, and communities.

Vision

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies.

Values

Creativity
Commitment
Mindfulness
Integrity
Community



Workshop Model \$500.00

+ gst

- Students will take part in a 1 hour mental health education workshop.
- The Mind Blank program facilitator will lead the class through resilience skill-building activities and the promotion of mental wellbeing safe practices.
- Reach up to 30 students per session.
- This is a one-off workshop model that can be tailored towards creating early intervention content links to the curriculum.

Total cost approx. \$16.00 per student depending on the size of workshop group.

Program Pricing explained:

- Interactive health promotion & skill-building workshop \$500.00
- Follow up teachers resources and class plans \$250.00
- Crisis card materials \$5 per student approx. \$150.00

Total value **\$900.00** per workshop. Current price **\$500.00 + gst.**



Live Theatre Model

\$1,500.00 + gst

- Students will take part in a 1 hour mental health promotion workshop. The Mind Blank facilitator will use live actors to support role-play to problem solve key scenarios to the story-line.
- Reach up to 180 students per session.
- School must provide a microphone set up for audiences above 100.

Program Pricing explained:

- Interactive live theatre show \$1,500.00
- Follow up teachers resources and class plans 3x \$250.00
- Crisis card materials \$5 per student approx. \$900.00

Total value \$3,150.00 per show. Current price **\$1,500.00** + gst.

Saving \$1,650.00. Bring the cost down to a total of approx. \$10.00 per student depending on the size of the audience.



Online Skill Building \$10.00 + gst per person

- A Mind Blank facilitator login on an online portal to support groups of students build resilience skills and support positive mental wellbeing practices.
- Students will learn mindful practices such as breathing techniques, laughing yoga, clowning skills, meditation, gratitude journaling, art therapy, and goal setting techniques.
- The focus on the lessons will vary depending on the needs of the children and young people involved. Classes are capped at 25-30 attendees per session.

Program Pricing explained:

- Weekly skill building workshops \$500.00 x 10 per school term
- Crisis card materials \$5 per attendee approx. \$150.00

Total value \$5,150.00 per year. Current price \$300.00 + gst or \$10.00 per person.

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies. This program is a gift to the next generation to build more resilient young people to equip them to thrive in uncertainty.



Teachers PD Training.

\$250.00 + gst per person

- Training session length. 1.5 hour sessions.
- Tools and templates to support further understanding of early intervention mental health practice in the workplace.
- Providing tools and templates to educate best practice methods to support staff when dealing with psychological hazards.
- Ideal 30 attendees.

Program Pricing explained. All program costs go toward covering the following items:

- Facilitated skill building workshop cost
- Program materials and supplies approx.
- Team training
- Content development costs

.Current price \$250.00 + gst per person.





Creatively committed to mental health
education with mindfulness and integrity.



Help & resources available @
mindblank.org.au

Find us on Facebook,
Instagram or Youtube

