

HEI HOA - TE NGAHERE

BE A
MATE



BE A MATE A FORESTRY CENTRIC APPROACH

Hei Hoa - Te Ngahere

Investing in Wellbeing, Mental Wellness, and Suicide Prevention in the Forestry Industry

In this brochure, you will find detailed information about how your organisation can pursue the Be A Mate programme. Whether you choose to have Be A Mate industry trainers deliver the training at your workplace or opt for your own internal trainers supported through our 12-month training and support programme, we provide the flexibility and resources to meet your needs.



Be A Mate Contact Details
Contact 0278546988
Caroline@a-ok.nz

www.fica.org.nz/be-a-mate/
www.a-ok.nz/forestry





WORKSHOP PRICES

If you would like to deliver these workshops for your team.

Information for Planning Your Training

Workshop Participant Sizes

Awareness: up to 30 participants

Co-Mate Training: up to 25

HelpMate Training: up to 20

Growers: up to 20

Workshop Location

Organisation to provide the space; assistance is available from our team if needed.

We encourage collaboration with other organisations in the same region to share costs.

Public workshops are available across NZ regions 3-4 times a year.

Check out

www.a-ok.nz/forestry
(Launch 1 July 2024)

Costs

Note: Costs do not include travel/accommodation if required and are GST exclusive.



Wellbeing Awareness
Forestry Centric

1-hour - \$750 per group.



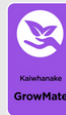
CoMate
Checking in

3-hour workshop, \$1750



HelpMate - Safety From
Psychosocial Harm & Suicide.

1 day, \$2500



Grow Mate - Back to work
After Suicide Experience

1 day, \$2500

Note: Special rates are available for high-volume workshop bookings

Register your company:

If you are interested in enrolling your organisation into the Forestry Be A Mate programme please contact:



www.a-ok.nz/forestry



caroline@a-ok.nz

We do have both online and face to face options
We can also tailor the programme to suit your organisational needs.



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0800 265 069





TRAINER LICENSES

12-Month Trainer Development Licenses

Our comprehensive 12-month Trainer Development Licenses include:

Trainer Development Training:

2-4 days of in-depth training.

On-Site Support: 1-3 on-site session delivery supports.

Monthly Support:

Ongoing monthly support for trainers over 12 months.

Programme Refinement:

Opportunities to refine the programme.

National Network:

Join a national network of trainers with annual meetings to share experiences.

Types of Licenses

We offer two types of training licenses, each with its own set of advantages and considerations:

1. Organisational Licenses

Deliver training exclusively within your organisation. Non-income generation

Example: A large forestry company selects skilled staff with strong presentation and facilitation abilities who understand the organisation's wellbeing strategy to deliver the training. This ensures the training benefits their employees and aligns with the company's well-being initiatives.

2. Independent Licenses

Deliver training within the industry. Both profit-generating and non-profit options are available.

Example: An independent trainer offers the **Be A Mate** workshops to various forestry companies, either charging a fee for their services (profit-generating) or partnering with industry associations to provide free training sessions (non-profit).

The pricing for this type of license will be negotiated based on the reach and scope of the independent trainer's services.

License Prices

Organisational Licenses.

(non-income generation)



Wellbeing Awareness:

\$5,000 per year



CoMate License Fee:

\$5,000 per year



HelpMate License Fee:

\$7,500 per year



Growmate

Not available yet





DECISION-MAKING CONSIDERATIONS

We have included the benefits and drawbacks of each training option below to help you make strategic decisions about your organization's best training programme, whether it be workshop delivery or a trainer licence. The purpose of this guide is to assist and clarify your decision-making process.

Organisational Licenses

Deliver training exclusively within your organisation. Licence not intended to generate revenue

Advantages

Customization: Training is tailored to your organisation's specific needs and culture.

Internal Cohesion: Enhances team harmony

Cost Control: Potentially lower costs over time as internal trainers deliver the programme.

Flexibility: Schedule and deliver training at your convenience.

Cons:

Resource Intensive: Requires investment in training internal staff.

Skill Dependence: Effectiveness depends on the quality and commitment of internal trainers.

Initial Investment: Higher upfront costs for training staff.

Independent Licenses

Deliver training within the industry. Both profit-generating and non-profit options are available.

Advantages

Flexibility: Ability to offer training across multiple organisations.

Profit Potential: Opportunity to generate revenue by providing training services.

Broad Impact: Can Influence and improve mental health practices across the industry.

Cons:

Variable Costs: Pricing negotiations based on reach and scope can be complex.

Competitive Market: Other trainers and programmes may compete for clients.

Less Customization: Training may be less tailored to individual organisational cultures.



DECISION-MAKING CONSIDERATIONS

Purchasing a Workshop directly from Be A Mate and A-OK NZ

Advantages

Expert Delivery: Training is delivered by experienced professionals from A-OK NZ.

No Initial Investment: Lower upfront costs compared to buying a license.

Time-Saving: Saves time on training internal staff and preparation.

Quality Assurance: High-quality, evidence-based training content.

Cons:

Higher Long-Term Costs: Paying for each workshop can be more expensive over time.

Scheduling: Dependent on Be A Mate and A-OK NZ's availability for training sessions.

Limited Internal Capacity: Does not build internal trainer capacity within your organisation.

Decision-Making Considerations License Option:

- suitable for organisations that intend to provide well-being and mental health education for an extended period of time.
- ideal for businesses looking to fully incorporate training into their culture.
- Ideal for companies with the resources to teach employees internally.

Purchasing Workshops:

- Suitable for organisations seeking immediate, high-quality training without long-term commitment.
- Ideal for companies needing flexibility without the investment in internal training resources.
- Best for those who prefer external experts to deliver the training.

Managers can evaluate these options based on their organisational goals, resources, and strategic priorities.