Mike Rolls and Ben Pettingill

Mental Health and Building Stronger Supportive Teams

Both Mike Rolls and Ben Pettingill know first hand what it's like to face extreme adversity and battle their own mental health challenges. Through this, they have learned the importance of a positive mindset, prioritising their mental health and the power of having a strong support network.

In September 2001 Mike contracted one of the deadliest diseases on the planet, Meningococcal Septicaemia, resulting in the loss of his legs below his knees amongst other injuries.

At age 16, Ben had a headache one day and woke up the next having lost 98% of his eyesight overnight due to the rare genetic syndrome, Lebers Hereditary Optic Neuropathy (LHON).

Both of these circumstances changed what their lives would entail forever. In the work they do with organisations around Australia, they strive to reduce stigma and have a positive impact on the mental health of people right around the country.

What Mike and Ben Talk About

Mike Rolls and Ben Pettingill offer individual team talks, large conference presentations and interactive group workshops. All of which are tailored to meet the clients needs and made relevant to specific industries.

'Talkin Tough' sessions are designed to redefine what it means to be tough, smash mental health stigma and connect with audiences in a practical and relatable way. In these sessions, Mike & Ben instil a more effective version of what it means to be tough as they share that tough is talking!

What Your Team Will Learn

CALCULATING CONTROL
Our time, energy and focus can often be spent on circumstances out of our control which can have a negative impact on our mental health. Learn practical steps to increase self-awareness and consciously shift toward a more positive and productive way of thinking and behaving.

LEVERAGING PEOPLE POWER

How to instil trust, empathy and connection within your organisation to increase psychological safety and directly support the overall mental health and wellbeing of your people.

THE VALUE OF TALKIN TOUGH
Breaking the tendency to tackle challenges alone by learning how to approach, start and support critical conversations about the tough stuff. Adopting this new version of tough builds the confidence and capability within your people to speak up, seek help and support others.

Testimonials

" Thank you for such an engaging, timely and powerful session on resilience.

- Executive Manager Commonwealth Bank of Australia

" Thank you so much for your amazing presentation yesterday guys! One of our People Leaders was just sharing with me how your presentation flipped his perspective! Brilliant!

- Human Resources Manager Medibank

" Mike and Ben were amazing. Not only did we all adjust to a virtual event, the story telling skills and Ben and Mike were amazing and our team was engaged right from the beginning. Hearing both of Ben and Mike's stories was really interesting and the importance of Resilience is key in life today. I would highly recommended Ben and Mike for a keynote presentation.

- Human Resources General Manager Hanes Brands Inc.

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