

TRAINING & WORKSHOP OPTIONS

Exciting new services

Launching in 2025!

AAT is thrilled to introduce an internationally recognized service tailored for a wide range of participants—from corporate professionals to young individuals. These will offer meaningful, lasting change.

Stay tuned for more details—this is an opportunity you won't want to miss!

Custom workshops examples

- Stress less; achieve more
- Self care with a twist
- Working with personality disorders
- Understanding alcohol and substance
- Pillars of wellbeing
- Values in action
- Bullying prevention

- World leading suicide *intervention* training

- Standard in person
- Workplace fully online
- Workplace blended
- Conversations about gambling
- Conversations about suicide
- Refresher



“AAT All About Tranquil Health & Wellbeing”

www.aatranquil.com.au
aatranquil@gmail.com



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Please reach out so we can discuss and approach your needs in the best possible way