



# The Care Factor

## Create a Workforce of People Who Care Enough to see a Bigger Picture.

Create a new Culture where Your People assume Guardianship over their Workplace, Each Other and their Community.

John Toomey is one of Australia's leading Health Educators. Holding a Degree in Physical Education, John has worked in many diverse areas involving Health, Fitness and Sport. Since 1982, he's served in High Performance roles at seven AFL Clubs. He has also worked with a variety of other Professional Sports Clubs in Leadership and Culture Development.

He has been working in and leading the way in the Health Education sector since 1980 and completed over 20,000 hours study in this field.

As a professional speaker and trainer, John has presented over 2500 seminars in the corporate arena in Australia, New Zealand, the US and South East Asia. He has published over 500 articles, including publications like Wellbeing Magazine, The Melbourne Age, The Melbourne Herald Sun, and was a regular contributor to The Huffington Post.

John has also worked extensively as a Health and Wellness expert in Australian radio on stations like 774 ABC Melbourne, 3AW and 2GB.

From an Academic standpoint, John has lectured in Physical Education at Victoria University and taught Wellness in Monash University's school of medicine. From 2012-17, he served as a member of the Course Advisory Board at RMIT University's School of Health Sciences.

In 2013, he was asked to address a fatigue and culture problem for a QLD mining services company. Researching official guidelines on Fatigue on prominent industry, regulatory and safety sites, he was stunned by what wasn't being said. It seemed that fatigue was being blamed on poor or inadequate sleep and much was being left out.

Taking his wealth of knowledge from years of conditioning athletes and in the corporate arena, he created his now World Renowned Fatigue Prevention Program.

### A Lack of Care Risks Lives and Costs Money

#### A Lack of Care Leads to:

- Mistakes being justified and explained away.
- Poor awareness of what is going on.
- Bullying and Emotional Abuse.
- "It's not my job" attitudes
- Decisions based on Self Preservation.
- A Blame Culture which encourages dishonesty.
- Abuse of guidelines simply because someone disagrees with them.



*"People who lack care don't have yours or anyone else's back."*

#### The Care Factor lays the Foundations for a Culture of Care.

##### It:

- Brings care into the Spotlight and gives a clear understanding of what care is and what it means to care.
- Gives live examples of the consequences of both care and a lack of care.
- Looks at the relationship between care and notions of "deservability".
- Explores the natural motivating forces for care and what gets in the way of these.
- Builds new pathways to learning to practice greater care and to being genuinely more caring.
- Creates an attitude of Guardianship



*"If you stop for a moment and analyse any tragic situation, whether it be an accident of something inflicted by another person, immediately before hand there will have been a moment where someone had the opportunity to act out of care but chose not to."*

# The Care Factor Program

## Introduction to the Seminar:

Modern Living in a vibrant economy brings Wealth and Opportunity. It also brings entitlement, indulgence and selfishness. The very things that often create success, like selflessness, teamwork and fear of failure, seem to disappear as this wealth leads to comfort seeking, egocentric behaviour and “me” attitudes.

We learn from History that we do not really learn much from history. This is a repeated pattern throughout the history of humanity. Recent DNA testing on ancient human remains reveals that modern, lifestyle diseases like Cancer and Heart Disease, were prominent during the height of the prosperity of the Egyptian Empire.

## The Aim of the Seminar:

To educate participants about what care is, and how to become genuinely more caring. It takes away the stereotypes and looks at what is real. It brings the humanity back into day-to-day living, relationships, communication and the functioning of a collective unit of people.

## Seminar Description:

The Seminar starts out addressing situations where care was dropped and the eventual outcome. It then looks at situations where care was taken and the outcomes. It also looks at these same situations and explores what may have happened if care was not a factor.

The Seminar then explores the motivational factors behind care. What leads to great care, to a caring attitude? What reduces care and takes it away.

This program is a Journey into Care. It looks at the motivating forces for care and what is required to tap into those sources and bring them to life. We look at real life events where care was missed and harsh outcomes that followed. We also look at events that turned out well, because someone cared.

The program provides a graduated set of steps to developing one’s ability to care, to show up in the world and put self-interest aside to create a better life for all.

## Who is Using Our Care Factor Training?

- This is a new program....watch this space.
- John Beaver Australia
- Acciona
- Fulton Hogan
- Mirvac

## Post Seminar Resources:

Following the presentation, employees receive a comprehensive email containing an extensive eBook, plus multiple helpful links to websites and online videos.

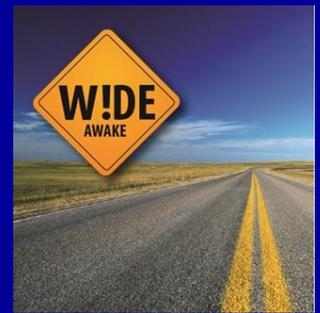
## Fees:

Single 2 Hour Seminar: \$2,800:00 plus GST  
Half Day – Up t 2 Seminars: \$3,600:00 plus GST  
Full Day – Up to 3 Seminars: \$4,200:00 plus GST – Multiple Seminar packages also available. Client is responsible for funding all travel and accommodation.

## Workplace Seminars, Resources & Workshops

- Fatigue Prevention
  - The Care Factor
- Resilience & Mental Health
  - Stress Prevention
  - Culture Change
- General Wellbeing
  - Men’s Health
- High Performance Teams and Leaders

## The Exciting Wide Awake App



A powerful Education Program in the Palm of Your Hand. It contains powerful modules, comprising a variety of audio programs and easy-to-read articles, taking your employees on a journey to effective fatigue prevention and personal wellbeing.

At the end of each module there is a quiz. Wrong answers see the employee directed back to the content the question came from. Monthly collective progress reports are emailed to your nominated Safety Rep.

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