



SPIRIT LED INSTITUTE · FREE WORKPLACE WELLBEING

When you need a moment

Four free, private ten-minute reflective resources for working life

A Moment to Debrief

after a difficult day

Debriefing When Employment Ends

when your job has ended

After a Workplace Hazard

after an unsafe event or near miss

When Work Changes

when you remain through restructure or a new manager

Free · no sign-in, no account, no code.

Voluntary and private — nothing you write is saved, and your employer cannot see names, reflections, answers or whether you finish.



spiritledinstitute.com/workplace-wellbeing

Independent, non-accredited educational resources. Not counselling, emergency or crisis support, legal advice, a formal workplace risk assessment or WHS compliance service.

In an emergency call 000 · Lifeline 13 11 14 · Beyond Blue 1300 22 4636