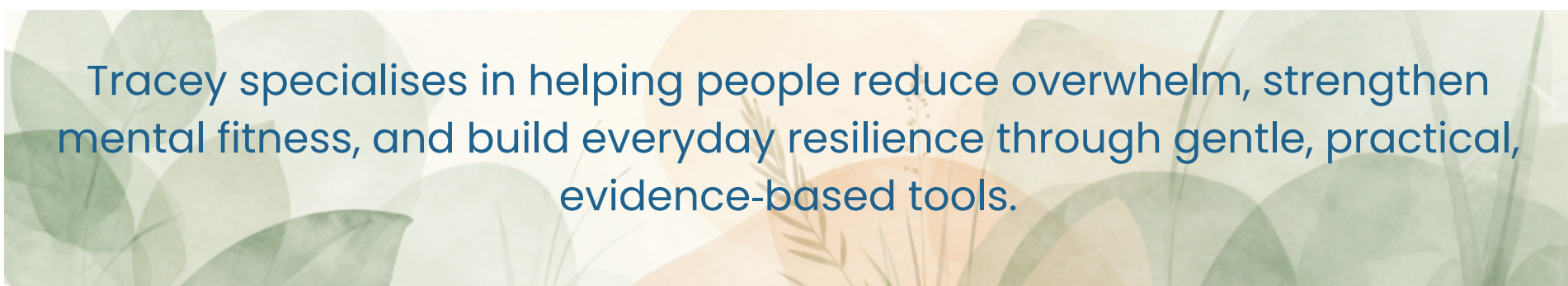




Community Wellbeing & Mental Fitness Workshops



Practical tools for real people navigating real life.



Tracey specialises in helping people reduce overwhelm, strengthen mental fitness, and build everyday resilience through gentle, practical, evidence-based tools.



All content and workshops facilitated and created by
Tracey Race NZRNurse, Resuscitation Educator
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About Tracey



Transforming Lives, One Healthy Habit at a Time



I'm a registered nurse with over 30 years of experience, a resuscitation educator, behaviour change specialist, Mental health & Wellbeing coach. I specialise in helping people reduce overwhelm, & manage stress strengthen mental fitness, and build everyday resilience. My approach is gentle, practical, and grounded in evidence-based tools that real humans can use in real life.



**All workshops
are fully
bespoke and
shaped around
the needs of
your learners
and community.**



Why These Workshops Matter



Why Wellbeing Support Is Needed



Stress, burnout, and emotional fatigue are increasingly common, especially for job seekers, caregivers, parents, volunteers, and people navigating change.



These workshops help people:

**Reduce stress
Build resilience
Improve daily functioning
Strengthen confidence
Navigate life transitions**



Workshop Options



Burnout
Prevention

Stress Reduction
& Emotional
Regulation

Mental Fitness &
Resilience

Lifestyle medicine
foundations—
sleep, nutrition,
movement, social
connections

Compassion
Fatigue Support

Self-Care for
everyone

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The Overwhelm Reset Toolkit



Resetting Overwhelm, One Practical Step at a Time



A gentle, practical session designed to help people understand what's driving their overwhelm and learn simple tools to reset their mental and emotional load.

**Perfect for job
seekers,
parents,
students,
caregivers,
volunteers, and
anyone feeling
overloaded.**





Lifestyle Medicine Workshops



Evidence-based strategies for sustainable wellbeing.



Lifestyle Medicine focuses on the six core pillars that support long-term physical and emotional wellbeing. These workshops provide practical, accessible tools that help people make meaningful lifestyle changes without overwhelm.



**Participants learn
how to improve:**

**Sleep health
Nutrition basics
Movement for
mental health
Stress physiology
Social connection
Behaviour change
strategies**

Perfect for community groups, job seekers, caregivers, parents, volunteers, students and anyone wanting practical tools to improve everyday wellbeing.



Format & Delivery



Session Length

Workshops run for 60–90 minutes and can be adapted for shorter or extended formats.



Delivery Options

In-person or online. Interactive, gentle, accessible.

Workshop Style

Practical tools, reflection prompts, and evidence-based strategies people can use immediately.

Included Materials

Worksheets, exercises, and optional follow-up resources.

Customisation Content tailored to your organisation's goals and community needs.



Next Steps



Let's Collaborate



If you'd like to explore a wellbeing workshop for your community, I'd love to connect and discuss what would be most helpful for your learners. Whether you're planning a one-off presentation, a series of wellbeing sessions, or a tailored programme, each workshop is shaped to meet the needs of your group. My goal is to support your organisation with practical, gentle tools that help people feel more capable, confident, and connected in their everyday lives.

Contact

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