

ONEWAVE CORPORATE PROGRAM

ONE
WAVE





WHO IS ONEWAVE?

WHAT WE DO

OneWave is a non-profit surf community raising awareness of mental health with a simple recipe... saltwater therapy, surfing and fluro. Sometimes OneWave is all it takes.

Since launching in Bondi in 2013 OneWave has held Fluro Friday events at over 200 beaches worldwide, raising awareness around mental health, reducing stigma and helping people free the funk.



200+ beaches
across
50+ countries



Starting **1 million**
conversations
about mental
health



25,000+ Fluro
Friday and School
Program
attendees **each**
year

WATCH VIDEO 

WHY WE CREATED ONEWAVE?

Around one in four people will suffer some kind of mental health disorder, yet about 60% of sufferers don't seek help.*

Worldwide we lose someone every 40 seconds to suicide.*

Suicide is the leading cause of death among 15-24 year olds in Australia and New Zealand. Globally suicide is the second leading cause of death among 15-29 year olds.*

*World Health Organization

HOW IT STARTED?

"When I was diagnosed with bipolar in 2012, it was surfing with my family and my mates that helped me most. Sometimes one wave is all it takes. I want anyone experiencing mental health challenges the chance to ride waves and talk about mental health without being judged."

Grant Trebilco - OneWave Founder



THE ONEWAVE RECIPE



SALTWATER THERAPY

Rinsing off the bad vibes.

You never regret jumping in the ocean.

"Blue Mind - a mildly meditative, relaxed state we often experience in, on or under water."

Wallace J Nichols



SURFING

The best escape and funnest thing ever!

"Studies show a clear and scientific link between surfing and happiness. The sea spray and negative ions released from the water as a result of waves create a biochemical reaction that increases serotonin (the happiness chemical) and oxygen flow in the bodies of surfers; resulting in higher alertness, decreased drowsiness, and increased mental energy."



FLURO

Wearing bright colours has been proven to increase people's happiness and it also makes an invisible issue visible, by inspiring conversations about mental health.

Wearing your fluro anti bad vibes suit on Friday also gives you a new sense of confidence, because you are part of the fluro tribe and helping people feels awesome.

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OUR PURPOSE

We believe everyone should have the chance to ride waves and openly talk about mental health, without being judged.

Our mission is to give 100,000 people the chance to ride waves and talk about mental health by 2023.

OUR APPROACH

STEP 1

Start the conversation to break the stigma

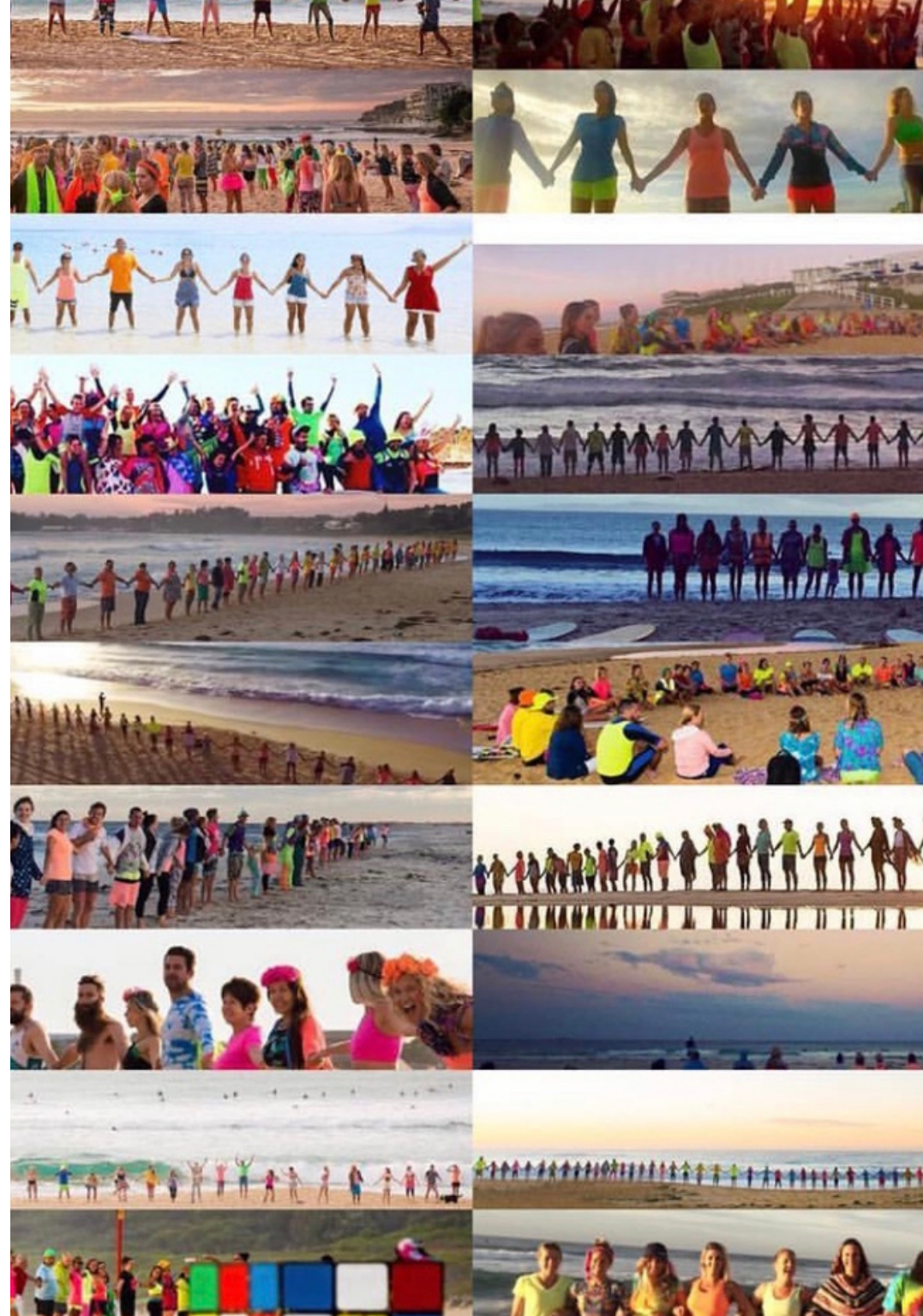
STEP 2

Community support
Give people the chance to ride waves and talk about mental health

STEP 3

Link up people facing mental health challenges with professional support

**ONE
WAVE**



OUR VALUES



KINDNESS

Being kind to ourselves and others.
Helping people help people.



FUN

We are passionate about bringing colour to
mental health in a fun, light hearted way.



KEEPING IT REAL

We create a space where people feel safe
enough to be vulnerable and share real
stories. It's ok not to be ok.



COMMUNITY

For surfers, sufferers, survivors and
supporters - everyone is welcome.

ONE
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OUR MISSION

By 2023 we aim to create **100 OneWave communities** around the world running regular Fluro Friday events. This will give **100,000 people** the chance to ride waves and talk about mental health.



200+ beaches have now run at least one Fluro Friday event in **50+ countries**. The aim is to inspire these beaches to set up OneWave communities running regular (weekly/monthly) Fluro Friday events.

There are currently **40+ beaches across 8 countries** (marked on the fluro map) that have created OneWave communities running regular Fluro Friday events (weekly/monthly).

Our mission is to create **100 OneWave communities** around the world running regular Fluro Friday events by 2023.

HOW WE DO IT - ONEWAVE PROGRAMS

COMMUNITY



FLURO FRIDAY

We run free weekly Fluro Friday sessions where we dress up in bright fluro outfits and share waves and stories to raise awareness of mental health.



VIRTUAL FLURO FRIDAY

We provide free weekly Fluro Friday community events on Zoom to help people free the funk.



FREE THE FUNK SURF LESSONS

At some beaches we partner with local surf schools and provide people free surf lessons at Fluro Friday.

SCHOOL



FREE THE FUNK SCHOOL PROGRAM

Helps young people understand that it is OK not to be OK, alongside a newfound appreciation of surfing and fluro as valuable mental health tools. Primary, Secondary and University programs.



VIRTUAL FREE THE FUNK SCHOOL PROGRAM

Virtual free the funk session on Zoom to help students understand it's OK not to be OK and learn tips for freeing the funk.

We can create bespoke programs and workshops to suit you and your team.

WORKPLACE



CORPORATE PROGRAM

Helps start much needed conversations about mental health in the workplace. We can run the program at your work, or at the beach.



VIRTUAL CORPORATE PROGRAM

Fluro free the funk session on Zoom to help start much needed conversations about mental health in the workplace.



SALTWATER THERAPY PROGRAM

Attend Fluro Friday with the OneWave community followed by a Corporate Program.



ONEWAVE FREE THE FUNK CORPORATE PROGRAM

The Free the Funk Corporate Program will help start much needed conversations in your workplace about mental health, by letting your team know it's totally ok not to be ok and ask for help.

We share real stories about mental health challenges we have faced and how we are using a simple recipe of saltwater therapy, surfing and fluro to help people free the funk.

We will give your team the chance to share their recipe for freeing the funk and you also have the option to include mindfulness exercises.

We can deliver Free the Funk Work Programs at your workplace, at the beach or a virtual program on Zoom.

BENEFITS FOR YOUR TEAM

- 1) Help your staff** - Hosting a OneWave Work Program will let your team know they are not alone and that it's ok not to be ok and ask for help. This could change their life.
- 2) Help your business** - By creating a culture of wellness, this will in turn encourage and foster productivity, while attracting and retaining staff.
- 3) Helping people feels awesome** - Your team get the chance to be part of the OneWave community and experience the gift of giving people the chance to ride waves and openly talk about mental health.

ONEWAVE CORPORATE PROGRAM APPROACH

STEP 1
Reduce the stigma

Talking about mental health at work **increases the outreach and support** for people facing mental health challenges.

STEP 2
Empower managers to support

Mental health training for managers **improves their ability to help employees** and reduces future sickness absences and short term leave on their staff.

A research study by Urbis found that **for each manager trained in how to help staff** with mental health problems, employers could **save an average of \$10,151 per year** in reduced sick leave.

STEP 3
Create a supportive mental health culture

Employees are **84% more likely to have a preventative discussion about mental health** if they work in an organisation that offers mental health resources. This also helps people get the professional mental health support they need.



ONEWAVE VIRTUAL CORPORATE PROGRAM

Location - Zoom

Duration - 30 minutes or one hour

Example format of session:

- Presentation from the OneWave team - raising awareness of mental health through saltwater therapy, surfing and fluro.
- Learn tips for managing your mental health during tough times and how to support your workmates, friends and family.
- Q & A
- The dress up theme would be fluro to bring colour to mental health, but this is optional.

Additional activities included in one hour program:

- Anti bad vibes circle - how do you free the funk?
- Mindfulness activities

Costs are outlined later in the information pack.

One off program or annual program available

**Annual Program
4 Programs:**

- 1 x Company-wide OneWave presentation
- 3 x Company check-ins (quarterly or best timings for your team)



ONEWAVE CORPORATE PROGRAM - IN THE OFFICE

Location - Your workplace

Duration - 30 minutes or one hour

Example format of session:

- Presentation from the OneWave team - raising awareness of mental health through saltwater therapy, surfing and fluoro.
- Learn tips for managing your mental health during tough times and how to support your workmates, friends and family.
- Q & A
- The dress up theme would be fluoro to bring colour to mental health, but this is optional.

Additional activities included in one hour program:

- Anti bad vibes circle - how do you free the funk?
- Mindfulness activities

Costs are outlined later in the information pack.

One off program or annual program available

Annual Program
4 Programs:

- 1 x Company-wide OneWave presentation
- 3 x Company check-ins (quarterly or best timings for your team)

ONEWAVE CORPORATE PROGRAM - SALTWATER THERAPY

Location - Bondi Beach (flexible)

Duration - 3,5 hours (flexible)

Example format of session:

6.30am - 8am ~ Attend OneWave Fluro Friday which includes:

- Take part in the Anti Bad Vibes Circle where the OneWave community share real stories about mental health
- Chance to experience saltwater therapy and surf with the OneWave community
- Yoga class from qualified yoga teacher

8am - 9am ~ Breakfast with the OneWave community

9 - 10am ~ Presentation from OneWave Founder Grant Trebilco ~ 'The OneWave Story' and group discussion around mental health and how you can create a culture supporting positive mental health at your company

Optional Extras

- Surf lesson with Lets Go Surfing surf school (costs depend on the number of people learning to surf)

Costs are outlined later in the information pack.

The running of the saltwater therapy program will be dependant on local COVID-19 regulations.

ONE OFF PROGRAM OR ANNUAL PROGRAM AVAILABLE

This is an example of how a annual series of OneWave corporate programs can support your people and transform your culture

SESSION 1

MONTH ONE

Raise awareness of mental health

Free the funk tips

Company-wide (or team) fluro event and presentation from the OneWave team

Option to add a Manager training session to empower managers to create a supportive mental health culture

SESSION 2

MONTH FOUR

Creating a supportive mental health culture at your work

Company-wide (or team) check-in with the OneWave team

Your company has access to FREE weekly Fluro Friday events (at the beach or virtual)

SESSION 3

MONTH SEVEN

How's your headspace?

Company-wide (or team) check-in with the OneWave team

SESSION 4

MONTH 10

Your free the funk toolkit

Company-wide (or team) check-in with the OneWave team

We can create bespoke programs and workshops to suit your team. The programs can be a combination of virtual, in the office or at the beach.



TESTIMONIAL

ONEWAVE PROGRAMS DELIVERED FOR BOARDRIDERS - AUSTRALIA & NZ

We have been helping bring colour to mental health at Billabong and now Boardriders every year since 2017. Here are some of the sessions we have run:

SESSION 1

Raise awareness of mental health

Company-wide fluro beach event

Presentation from the OneWave team at the head office & presentations to factory staff

SESSION 2

Empower managers to create supportive mental health culture

Manager check-in with OneWave Founder - Grant Trebilco



"We have received such overwhelmingly positive feedback about your session – our managers really enjoyed every moment, thank you again for sharing with us."

Boardriders Australia Team

SESSION 3

Store manager support Australia

Virtual free the funk program with 100 store managers in Australia



"It's really powerful hearing the OneWave story. It's really awesome to see you shining such a positive light on it all."

Boardriders NZ Team

SESSION 4

Store manager support NZ

2 x virtual free the funk programs & 1 x in the office free the funk program



COMPANIES WE HAVE WORKED WITH





CORPORATE PROGRAM TESTIMONIALS

OneWave have helped more than 30 organisations in Australia and New Zealand to start conversations about mental health, help leaders support their employees and drive cultural change.

"The story of how they founded OneWave, was powerful and inspiring. As a business, we immediately recognised that we wanted to support them. Their presentation was professional and showed their passion towards changing the way people dealt with mental illness. In the session they shared this profound insight with us, while also creating a positive vibe towards coping with an illness which is typically unacknowledged or ignored. This is a testament to their character and the importance of the cause that OneWave represents."

Christine Haines - National Australia Bank

"At RedBalloon, we are passionate about the health and wellbeing of our employees. We offer different activities such as boot camps, yoga, nutrition seminars and flu jabs, however our session with OneWave was the first to address mental health and how it may be affecting us. The OneWave team shared their own very personal and moving stories, which naturally opened up conversations between us as a group. Talking about our personal experiences made us all realise that everyone is impacted in some form, and it's completely normal and ok to talk about it. It was a valuable reminder for people that it's ok to ask for help if needed."

Cat Darrach, RedBalloon

THE PANDEMIC HAS AMPLIFIED THE IMPORTANCE OF SUPPORTING MENTAL HEALTH

Three quarters of Australians say their mental health has worsened because of COVID-19



Coronavirus Australia: A 10-year crisis is coming after COVID in the form of a mental health disaster



As Victoria endures prolonged coronavirus lockdown, mental health workers see devastating impacts of COVID-19



'The world's greatest psychological experiment': When the loneliness epidemic met the coronavirus pandemic

The Sydney Morning Herald

62%

reporting elevated depression

50%

reporting elevated anxiety

64%

reporting elevated stress

ONEWAVE CORPORATE PROGRAM COSTS

VIRTUAL CORPORATE PROGRAM

30 Minute Program

\$1,000 (less than 100 people)

\$1,500 (100-200 people)

200+ people (contact OneWave for prices)

60 Minute Program

\$1,500 (less than 100 people)

\$2,000 (100-200 people)

200+ people (contact OneWave for prices)

Annual Program Package **4 Programs**

Prices starting from **\$5,000**
Contact OneWave for prices

IN THE OFFICE CORPORATE PROGRAM

30 Minute Program

\$1,500 (less than 100 people)

\$3,000 (100-200 people)

200+ people (contact OneWave for prices)

60 Minute Program

\$2,000 (less than 100 people)

\$3,500 (100-200 people)

200+ people (contact OneWave for prices)

Annual Program Package **4 Programs**

Prices starting from **\$7,500**
Contact OneWave for prices

SALTWATER THERAPY CORPORATE PROGRAM

3.5 Hour Program

Prices starting from **\$3,000**
Contact OneWave for prices

Contact OneWave to find out extra costs such as travel costs, or adding a meditation or yoga session to any of the programs.

HELP US HELP MORE PEOPLE

To bring OneWave's transformative programs to your workplace, or become a OneWave partner contact:
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