

**Empowering chambers  
to support their  
business community's  
mental health and  
wellbeing**



Amanda Maurice

Small Business Financial Counsellor

Small Business Financial Counselling Service  
(Southern Queensland)



# About SBFCS Southern Queensland



Small Business Financial  
Counselling Service  
SOUTHERN QUEENSLAND



## Small business assistance

Helping eligible businesses in Southern Queensland



## Our service

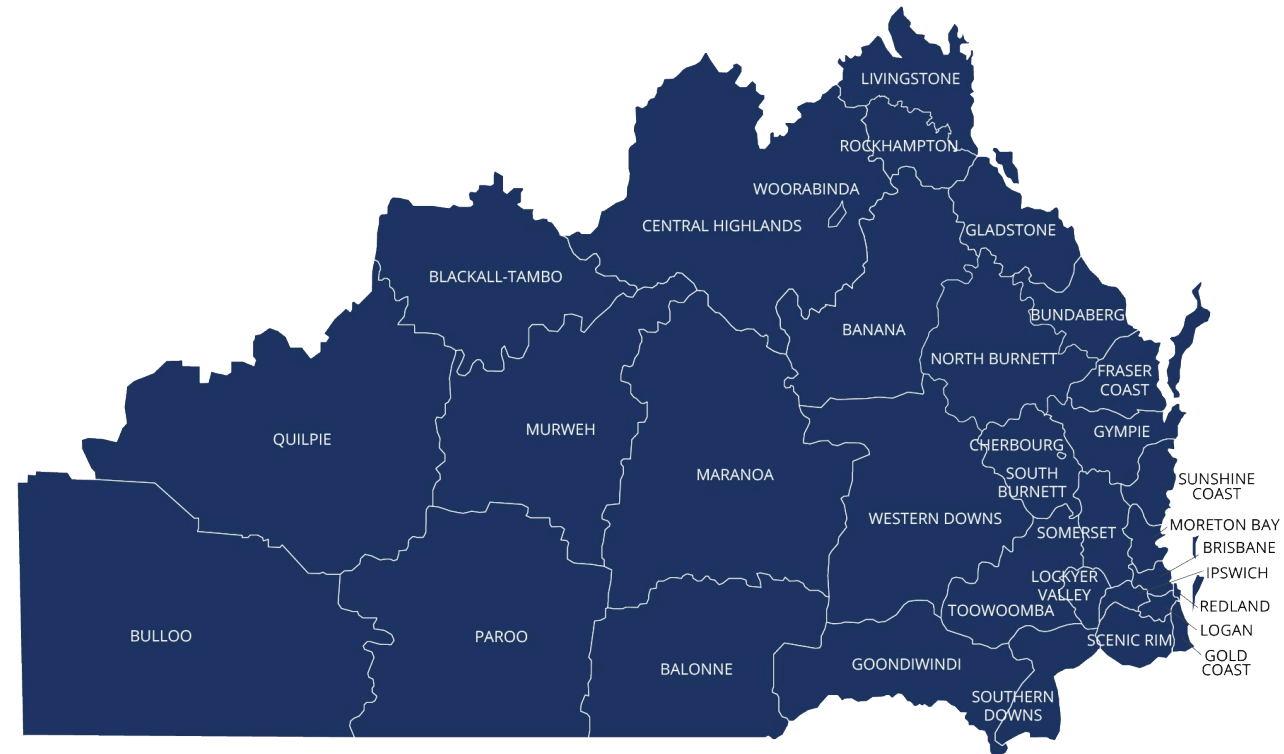
Free, impartial and confidential planning and support services



## Government funded

Funded by the Australian and Queensland Governments

*Note: Equivalent support is available across Northern Queensland via the North Queensland Small Business Financial Counselling Service.*



# The Services we can Provide:

- Financial Literacy – understanding where the business is, what challenges are they facing and options to overcome these
- Assess and prepare reports on current financial position, cashflow and viability
- Identify appropriate business options and help develop an action plan
- Assist with preparation for management of natural disasters and other business interruptions
- Identify the need for additional assistance and advice. Refer to other professionals within the Government and private sectors
- No timeframe. Based on the clients needs, we can continue to assist as needs arise (i.e. case managed or assist with a specific need e.g. transactional)



# Referral Partners

## Networks we currently work with:

- Queensland Small Business Commissioner
- National Debt Help Line
- Department of Employment, Small Business & Training (DESBT)
- Department Of Tourism
- AusIndustry – Federal Government Funded Program
- Legal or Tax support - Law on Earth & Griffith Tax Clinic



Linda-Ann Northey

Business Wellness Coach & Program Coordinator

Rural & Small Business Financial Counselling Service  
(Southern Queensland)



# Wellbeing and emotional stress

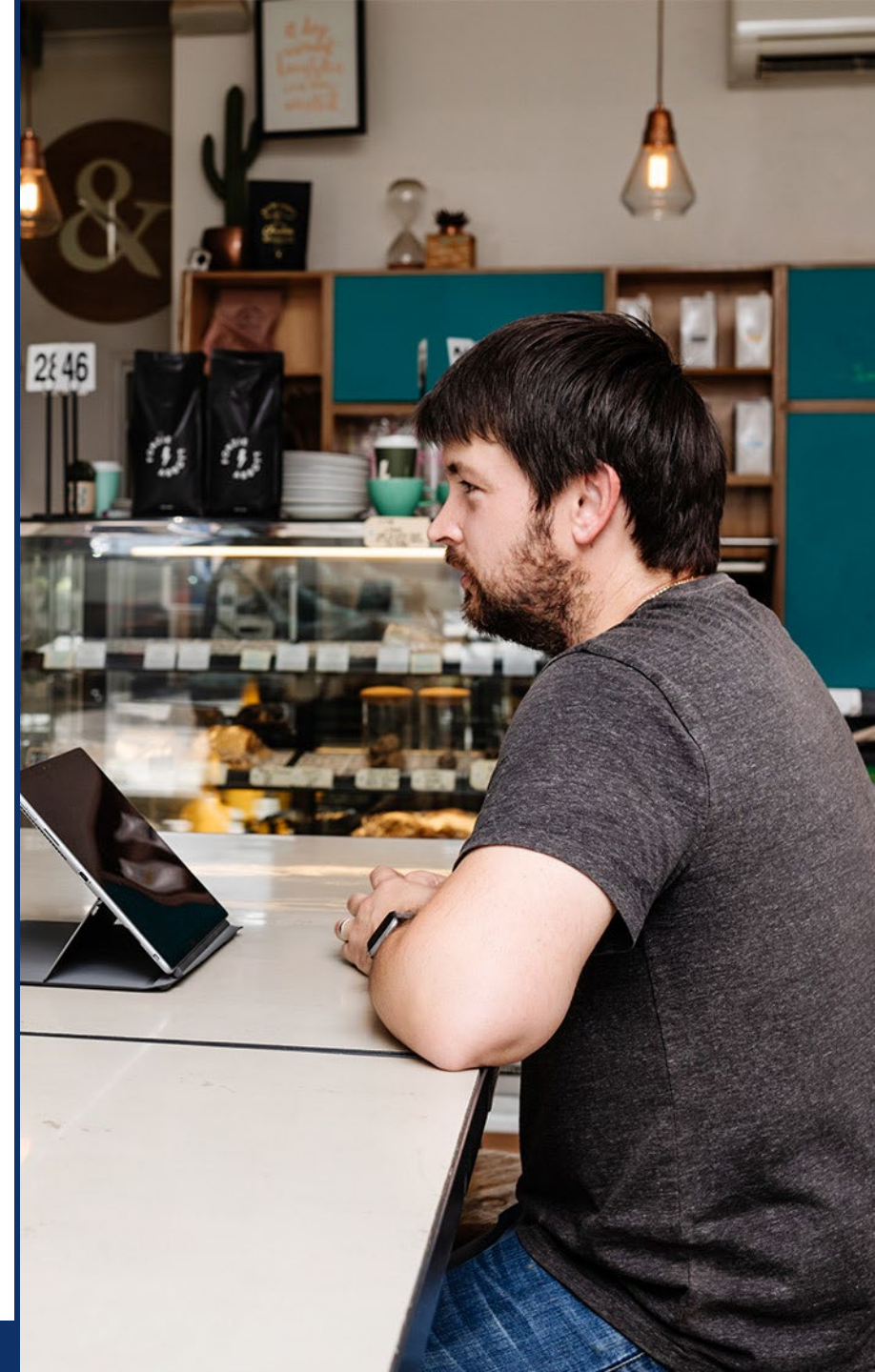
*In addition to facing the day-to-day challenges of running a business, rural and small business owners have had to deal with the hardship and significant stress caused by COVID-19, recent floods and rising input and interest costs.*

*Making hard business decisions has absolutely gotten harder.*

*Chief Executive Officer, Ross Leggett  
SBFCS Southern Queensland*



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## **BUSINESS WELLNESS COACHING NOW AVAILABLE**

Free and confidential emotional counselling and wellbeing support for rural and small business owners in both Southern & Northern Queensland.

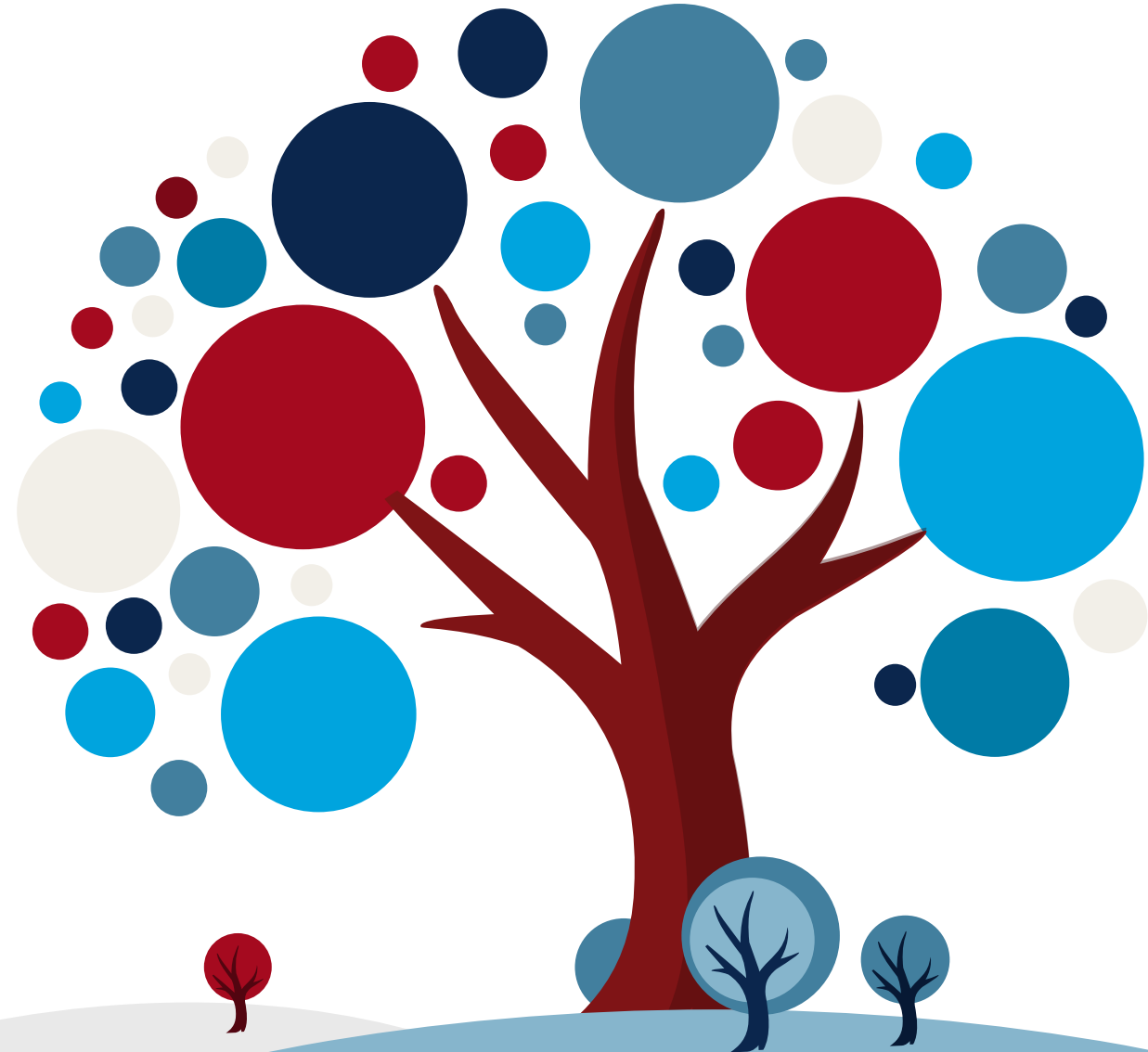
- Funded by the Queensland Government, this new program fills a much-needed gap
- Totally free - with no additional contributions required
- Broad eligibility criteria to support broad access



# How we can help

Our Business Wellness Coaching supports rural and small business owners who are experiencing mental health or emotional wellbeing stress.

This stress could be caused by business or other challenges including personal, relationship or health issues.



# What's on offer



## Customised one to one support

Individual, client-centred, and client led empowerment model



## Qualified Wellness Coaches

Psychology, counselling or behavioural science and business



## Timeframes to suit client needs

Flexible, short-term engagement or extended length of time



## Choice on how to connect

Chat with us – phone or video call (all areas), in person (SEQ)



## No medical referral required

No medical certificate, Medicare, or mental health plans needed



## Financial Counselling support

Option to work with our free, impartial & confidential financial counselling at the same time

# What we can do

Help business owners to 'take the next right step'

01

Identify  
the source of  
challenges

02

Reduce and  
manage  
mental health  
or emotional  
wellbeing  
stress

03

Teach skills  
to improve  
overall  
wellbeing

04

Help develop  
strategies to  
move forward  
with decision  
making

# Holistic wellness support

*Almost always, a business owner's mental health and wellbeing is inherently linked with the state of their business.*

*By working holistically with a business owner to enhance their mental health and wellbeing at the same time as improving their business' financial situation and performance, the best possible outcome is likely to be achieved not only for the business overall but for the owner and their family personally.*

*Business Wellness Coaching Program  
SBFCS Southern Queensland*



# Further information



Small Business Financial  
Counselling Service  
SOUTHERN QUEENSLAND



## Southern Queensland

[www.rfcssq.org.au/business](http://www.rfcssq.org.au/business)

[www.rfcssq.org.au/wellness](http://www.rfcssq.org.au/wellness)



## Northern Queensland

[www.rfcsnq.org.au](http://www.rfcsnq.org.au)



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