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A happy and healthy team creates a better customer experience, a healthier workplace, and a stronger, more supportive industry.



Sue is Registered with AHPRA as a Nurse, Certified by Wellness Coaching Australia, and Accredited with Health Coaches Australia and New Zealand (HCANZA) as well as International Institute for Complimentary Therapists (IICT).

CONTACT US TODAY TO GET STARTED!

Let's create a workplace where employees feel valued, supported, and inspired—one shift at a time.

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 www.zestagain.com

ABOUT US

At ZestAgain, we are dedicated to supporting, motivating, and empowering **health workers, teachers, and police** to recognise, understand, and transform their workplace experience.

Our goal is to foster happiness, well-being, and stronger team connection, creating more fulfilling and positive work environments.

Founded by **Sue Cosgrove**,
*Health & Wellness Coach
of the Year 2024*,



We use relatable, evidence-based approaches to help employees increase their awareness of self-care, ensuring they can continue to care for others effectively.

Our workshops and coaching are designed to be **practical, engaging, and immediately applicable**, making wellbeing not just a concept but a daily practice. When your workforce thrives, so does your organisation.



 **ZestAgain**

**Coaching, Education,
and Support for Frontline
Professionals**

Workforce Coaching for Health Workers, Teachers, and Police navigating environments that are Volatile, Uncertain, Complex, and Ambiguous (VUCA).

OUR SERVICES

COMPASSION SATISFACTION PROGRAM

ZestAgain coaches work face-to-face with your team to develop awareness of Compassion Satisfaction and Compassion Fatigue at work. Through evidence-based tools and a psychologically safe space, teams can explore their feelings and build resilience.

PROGRAM FEATURES:

- ✔ Team assessments to measure workplace well-being.
- ✔ Interactive workshops to raise awareness and promote positive change.
- ✔ Ongoing coaching sessions for sustainable growth.
- ✔ Custom engagement plans for 1-month, 3-month, or 12-month support.

INVEST IN YOUR TEAM, AND THEY WILL INVEST IN YOUR ORGANISATION



WHY CHOOSE ZESTAGAIN?

PROVEN RESULTS:

We use gold-standard data collection to measure workplace well-being. Our research across healthcare, education, and policing has shown:

- ↑ Increase in workplace Compassion Satisfaction.
- ↓ Decrease in workplace burnout.
- ↓ Reduction in secondary traumatic stress.
- ✔ **Evidence-Based Approach:** Programs built on validated tools like the Professional Quality of Life (ProQOL) assessment.
- ✔ **Flexible Engagement:** Choose the level of support that works for your team.
- ✔ **Tailored Solutions:** Designed for teams as small as 15 or as large as 1,000 employee.

**EVERY TEAM IS UNIQUE.
IF YOU'RE NOT SURE WHERE TO
START, SCHEDULE A DISCOVERY
CALL AND WE'LL HELP YOU
CHOOSE THE RIGHT PATH
FORWARD.**



AT ZESTAGAIN

We understand that every team is unique. That's why we begins with a learning needs analysis to determine the best engagement strategies tailored to your team's specific needs, we offers a range of flexible and effective learning methods, including:

- ✔ **Face-to-Face Training** – Hands-on, interactive sessions to engage teams directly.
- ✔ **Online Learning** – Virtual workshops for convenience and accessibility.
- ✔ **Workbooks & Activity Modules** – Self-paced learning for deeper reflection.
- ✔ **Small or Large Group Sessions** – Customised group dynamics to fit your team structure.
- ✔ **One-on-One Coaching** – Personalised guidance for individual growth.
- ✔ **YouTube & Podcasts** – Engaging content for continuous learning.