





As a result of this program, I have implemented a buddy system for new employees. Before commencing, new employees will meet their mentors to make them feel more comfortable when they start.

## CONTACT US TODAY TO GET STARTED!

Create lasting change in your workplace through compassion and reflection

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 [www.zestagain.com](http://www.zestagain.com)

Grow confidence, resilience, and teamwork in every interaction.

## WHY CHOOSE ZESTAGAIN?

At ZestAgain, we believe compassion is not a soft skill, it's a strength. Our evidence-based mentoring framework supports both individuals and organisations to thrive.

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



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).

By investing in mentorship, we strengthen not only individual capability but also team cohesion and long-term workforce sustainability.



**Empowering professionals to grow through connection, reflection, and shared wisdom**



## ABOUT THE PROGRAM

To empower professionals to grow through connection, reflection, and shared wisdom.

Our Compassionate Mentoring Program fosters resilience, enhances clinical confidence, and builds a culture of support—especially vital in high-pressure environments such as healthcare.

### WHO THIS PROGRAM IS FOR

This program is designed for professionals across the care and health sectors, including:



- **Nurses, Allied Health Professionals, and Support Workers** seeking guidance, reflection, and growth in their practice.
- **Team Leaders and Managers** wanting to build stronger, more connected teams through compassionate leadership.
- **Healthcare organisations, aged care providers, and community health services** aiming to strengthen workforce wellbeing, retention, and collaboration.

Whether you're just starting your career or supporting others in theirs, this program helps you grow through connection, reflection, and shared wisdom.

## PROGRAM DETAILS

**COST: \$550 PER PARTICIPANT**

**DURATION: 3–6 MONTHS**

(includes 2 x 50-minute one-on-one mentoring sessions with a ZestAgain Coach from your professional discipline)

### PROGRAM TOPICS:

- ✔ What is Mentoring
- ✔ What is needed to be a Mentor
- ✔ Who is a Mentee
- ✔ The Mentoring Relationship
- ✔ How to Mentor Compassionately in a Busy Healthcare World
- ✔ How to feedback in the Mentoring Relationship
- ✔ How to Reflect during and after the Mentoring Relationship
- ✔ Debriefing – Mentors need mentors to debrief with

Invest in your people.

Strengthen your workplace.  
Begin your mentoring journey with  
ZestAgain 

## KEY BENEFITS

### INDIVIDUAL DEVELOPMENT

- Strengthened clinical confidence and skill growth
- Emotional resilience through reflective conversations
- Greater job satisfaction and purpose
- Personalized professional guidance

### TEAM & CULTURE BUILDING

- Improved team trust and cohesion
- Better communication and collaboration
- Inclusive, supportive workplace culture
- Reduced isolation and burnout

### ORGANISATIONAL IMPACT

- Improved staff retention and morale
- Better patient outcomes through supported clinicians
- Leadership development and succession planning
- A culture of continuous learning and compassion