

"We don't have to do all  
of it alone. We were  
never meant to."

Brené Brown

Get in touch



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What we do



We deliver inspiring training  
solutions with passion.



We support through solution-  
focussed counselling + recovery  
coaching.



We provide person-centred NDIS  
Support Coordination + personal  
care.

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Transpiral

*Helping People Live Well*

Mental Health  
Support, Education,  
Counselling +  
Personal Care

# NDIS

## Support Coordination, Psychosocial Recovery Coaching + Personal Care

Support coordination is a capacity building support which helps participants to:

- Understand and use their NDIS plan to pursue their goals.
- Connect participants with NDIS providers, community, mainstream and other government services.
- Build participants confidence and skills to use and coordinate their supports.



Psychosocial recovery coaches (recovery coaches) support participants with psychosocial disabilities to live a full and contributing life.

Recovery coaches work collaboratively with participants, their families, carers and other services to design, plan and implement a recovery plan, and assist with the coordination of NDIS and other supports.



Person-centred care is about treating a person with dignity and respect and involving them in all decisions about their health.

Principles of person-centred care:

- Affording people dignity, compassion and respect.
- Offering coordinated care, support or treatment.
- Offering personalised care, support or treatment.
- Supporting people to recognise and develop their own strengths and abilities to enable them to live an independent and fulfilling life.

# EDUCATION

Mental Health Education is at the heart of all we do. From accredited training to bespoke courses; if it's mental health related, we have your training needs covered.

## Mental Health First Aid (MHFA)

MHFA teaches participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

There are core MHFA courses to learn how to assist specific population groups, and specialised MHFA courses to learn how to help someone experiencing a specific crisis or situation.



## Personal and Professional Development Courses

Courses available include:

- Mental Health Awareness (Mental Health Matters)
- Domestic Violence Awareness
- Self Care (Living a Flourishing Life)
- Vicarious Trauma
- Mindful Tech
- Positive Psychology
- Myers Briggs Type Indicator
- Mindful Leadership



*We can develop bespoke training to suit your individual needs.*

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# COUNSELLING

We all experience personal challenges or issues in our lives. We can deal with these times by talking to friends or family or trying to deal with things ourselves.

There are times, however, when issues are too much for us to manage on our own or cannot be resolved by support from our friends or family. At such times, seeking support and strategies from a professional such as a counsellor can be helpful.

Our counsellors work with clients experiencing a wide range of emotional and psychological difficulties to help them bring about effective change and/or enhance their wellbeing and live well.



"Strong back.  
Soft front. Wild Heart."  
Brené Brown

