

# DI KROME

BEATEN TO BRAVE

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GOOD MENTAL HEALTH  
IN THE WORKPLACE



[WWW.DIKROME.COM](http://WWW.DIKROME.COM)

BACHELOR OF BUSINESS (ACCOUNTANCY) WITH DISTINCTION  
CHARTERED ACCOUNTANT  
PRINCE2 PRACTITIONER  
CERTIFICATE IV IN ASSESSMENT AND WORKPLACE TRAINING  
LEAN SIX SIGMA YELLOW BELT

# ABOUT

## CHAMPIONING GOOD MENTAL HEALTH IN THE WORKPLACE. FIRING UP BURNTOUT BUSINESS OWNERS AND INSPIRING SELF CARE FOR WELLNESS PRACTITIONERS.



As a child, Di would help her father and brothers with the family milk run, getting up in the wee hours to do the rounds.

Di hated the early mornings but loved coming home to count the money. She loved the smell of money on her hands and the sound the coins made when they were flying down the coin sorter.

It was no surprise when accounting became her favourite subject in high school, she even won state-wide accounting competitions and went on to study accounting at university, before starting a career in Chartered Accounting.

But the reality of working in the money business didn't live up to the dream.

It felt shallow, rarely going any deeper than helping clients make more money. There were rarely any discussions about their mission in life, their burning desire to make an impact on the world, or about what they stood for.

She came to realise that people are more important than any metric, and decided to start her own business, Wildfire Consulting so she could make a deeper impact for businesses.

Then on March 26, 2017, Di woke with a start in the middle of the night. Her right arm numb, her speech slurred, experiencing involuntary spasms and with a profound sense of disassociation. Confused and disoriented, Di was rushed to hospital and underwent a battery of tests but the doctors could find no physical cause.

A single Mum, sole bread-winner, with a history of anxiety and depression, no family support and struggling to get her new business off the ground, Di had finally hit rock bottom.

Conventional medicine could not help Di, so she turned to trauma therapy and discovered how anxiety and stress was the major cause of her struggle. She also discovered she was not alone, with 1 in 5 adults in the workplace reporting symptoms.

Di learned that mental health issues can be triggered by many things – trauma, loss, illness, poverty, but she also believes the Western lifestyle and values are a significant contributing factor.

Our 'busyness' and focus on the superficial, transient and material possessions; our obsession with competition, winning and achievement; means, that we are rarely content or satisfied, and always wanting more. Focusing on what we lack, that we are not enough and not worthy.

Di now works with not-for-profit organisations, companies and small businesses to help them implement good mental health strategies, working alongside the leaders and owners to let go of societal expectations, and create a culture where everyone can live life with purpose, love and compassion, creating peace, joy and wonder while you work.

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# TOPICS

DI PRESENTS INTERACTIVE WORKSHOPS, KEY NOTE AND CONFERENCE PRESENTATIONS FOR NOT FOR PROFIT, CORPORATE, SMALL BUSINESS AND WELLNESS PRACTITIONERS:

## From Beaten to Brave

How Di went from burn out, lying in a hospital bed with a suspected stroke, wondering how on earth she'd ended up there, to fighting back, healing with help, to now spreading her message of hope to others struggling with anxiety and depression

We all have the risk of burn out – a feeling of physical and emotional exhaustion, due to stress from working with people under difficult or demanding conditions. Di has been where you or your team are and came out the other side. This topic inspires the audience to shift from “Burnt Out” to “On Fire”.

## The Anxiety Epidemic and Why It's Killing Us

With anxiety levels at epidemic levels in Australia, we can no longer view anxiety as a problem just for individuals. As members of a working society we can choose to continue to behave in ways that add to the anxiety epidemic, stand by and do nothing or take action and build a culture of compassion, kindness and inclusiveness and start to reverse this anxiety epidemic.

In this presentation Di shares insights into anxiety, depression and suicide prevention, along with good mental health strategies to improve the lives of everyone in your workplace.

## Self-Care is NOT Selfish

So often it is those in the wellbeing industry, professional and community services and not-for profit organisations who put themselves last. It is critical that those who help others, also care for themselves, so they don't burn out taking on the difficulties of others.

Di provides tangible action steps for dealing with overwhelm, identifying helpful versus harmful behaviours and provides insights into the power of presence, with daily habits to boost mental wellbeing.



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# AUDIENCE

INSIGHTFUL, MOTIVATIONAL, INSPIRATIONAL AND TANGIBLE ACTION STEPS PROVIDED TO ANY SIZED GROUP, ON-SITE OR AT CONFERENCE VENUES.

## CORPORATE & GOVERNMENT

Accounting, finance, project management, aged care, government departments and high-stress workplace environments. These audiences value the insights into why they are not being as productive as they could, why teams are not connecting, staff are unhappy and unfulfilled, turnover is high or the business culture is breaking down. Businesses that are merging, changing or growing and need to ensure workplace mental health is managed also benefit from the presentations and onsite workshops.

Business leaders, management and HR teams value the insights into good mental health, helping them make better decisions and set priorities to implement processes for a happier, more productive workplace and culture.

## SMALL BUSINESS

Many small business owners are overwhelmed and exhausted, trying to be the Jack or Jill of All Trades, and it can impact not only their physical and mental health, but also their bottom line. When you are trying to be everything to everyone, when you aren't aligned with your purpose, you can feel conflicted and anxious, which impacts critical business relationships. Di shares practical strategies to ease overwhelm and come into alignment, so you can create a life and business with more money, meaning and good mental health.

## WELLNESS

Wellness practitioners, aged care, natural therapies, not-for profit and community sectors make their services unsustainable and unprofitable because they burn out. Their entire purpose is unachievable because they are not looking after themselves. By learning to read the signs, using tools and systems to better care for themselves, they can be more productive, more profitable and create more positive impact on those around them.

## GROUPS

Mums in business, solo entrepreneurs, women in business and personal development organisations in need of expert guidance to sustain a good mental health balance in life all benefit from Di's presentations. Group environments are interactive and rewarding, where stories are shared and a deeper understanding of the effects of good mental health, along with the tools and systems to take better care of yourself as well as your business, all lead to a more fulfilled, purposeful life.



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# EXPERTISE

DI HAS SPOKEN AT A RANGE OF EVENTS AND IS REGULARLY INTERVIEWED ON RADIO AND PODCASTS. SOME TESTIMONIALS BELOW:



Elise Stevens

FIX MY PROJECT CHAOS

CLICK A LOGO TO LISTEN TO THE PODCAST RECORDING

"Mental Health in Business", is a current hot topic, costing the Australian economy unmeasurable billions of dollars. Di presented her raw and emotional packed case studies, with her, 'Yes, you can do it', attitude. Di's ability to draw in, reflect, act and then move positively forward. It was a credit to Di who presented with total honesty, her version of her realisation of her depth of anxiety, her decisions to be made, which way to go, give up, or be strong and move forward. I have had the pleasure of being on her journey both through business and social meetings with Di and I have been most impressed in her strong will and wholesome desire for continuous improvement in all her dealings with our community. Our community is the richer for her involvement. It takes a Village."

- Ross, Samford Garage

"I attended Di's workshop last week "Set your Intentions for 2019"

Making time to really discuss our vision and purpose was valuable and in the workshop we set specific goals were set with the intention of accountability with a timeline. It was also great to be a part of a small group setting and it was great to interact with other business owners. I would certainly recommend Di as facilitator."

Bonnie Cunial, Fabulous Physical Fun

"This was a terrific presentation - getting business owners to understand that your need to be a whole person to succeed in life, of which your business is just a part."

- Angela, Ray White Samford

"The recent workshop on Business Planning for 2019 was informative and enjoyable. Great introduction to what business owners should be doing, working on not in their businesses."

Sheldon Morey Consulting

"Your passion for wellness and mentoring of others was evident in every word you spoke. I look forward to participating in future workshops."

- Nadine, Nadine Andersen Photography

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# WHY DI?

**GOOD MENTAL HEALTH IS AT THE HEART OF GOOD BUSINESS. WE NEED TO DO MORE THAN TALK ABOUT IT, WE NEED TO TAKE ACTION.**

*"Do you want outcomes, and not just conversations? Do you want engagement, not just facilitation? Do you have a complex situation that needs simplification to support some quick, justifiable decisions? Are you dealing with challenging personalities who you need to work together?"*

*If any of these fit your situation, we highly recommend Di to be your people-wrangler of choice.*

*Di's structured but nuanced approach builds a sense of purpose and artfully steers and motivates the right conversations across both technical and non-technical team members from all corporate levels.*

*What impressed our team most, was the combination of relatable experience, soft skills, pragmatic structure, and a keen perceptive ability to hone in on the dynamics within your team which need attention to get results"*

- Shane Mortensen, Ontologics Pty Ltd

*"I was fortunate enough to catch Linda and Di's presentation recently at our local Chamber of commerce meeting. Their open discussion has a real point of difference, unique I think, in tackling the demanding and stressful headspace that comes with running a small business. It's something everyone in business faces, staying sane in a stressful time-poor world. By sharing, frankly, their own experiences, Di and Linda create a great forum for everyone to discuss and learn."*


- John, Flametree Financial

*"Working with Di has been a wonderful experience! I was attracted to Di initially as I felt her character and personal approach were in-line with mine; along with the professional services experience that I was looking for. Di has really helped me shift away from operating my business on a "time for money" basis and move to a value-based model - key to the sustainability of my business. Her processes and advice have been very valuable; and she has a very personal and empathetic approach. Di is also a very practical sounding-board, offering supportive business advice from an impartial point of view, which I have really appreciated.."*

Melanie Grevis-James, Our Planet Marketing

*"Whilst recently doing the "Money Matters for Creatives Workshop" with Di, I experienced some genuine light bulb moments. Di has the ability to offer sound advice whilst bringing out real world examples from the group. Everyone ends up helping each other."*

- Rachel King Designs



**"A brilliant concept and a revelation in combining mental wellness and positive small business growth."**

- Benedict, Pine Rivers Greens

