



# CLIPBOARD

## HOSPITALITY PLATFORM SHOWS SUPPORT FOR STRUGGLING INDUSTRY

### *Clipboard Hospitality set to launch industry tailored Wellbeing Program*

[Images](#)

**Press Release DATE – 7<sup>th</sup> Sep 2021**

As part of their Wellbeing Program, fast-growing hospitality platform **Clipboard Hospitality**, is set to launch a custom Learning Management System (LMS) that will host a range certified wellbeing, wellness and upskilling courses that the global hospitality stakeholders will have access to.

All courses will be industry specific and is an important initiative providing much needed guidance and support for the hospitality community at a critical time.

Kicking the program off with a two-part live webinar series, Clipboard Hospitality has teamed up Clinical Psychologist and founder of Skills for Life, [Dr Lillian Nejad](#) to develop these two industry specific sessions. Presented by Dr Lillian Nejad, the sessions consist of:

#### **Coping with Anxiety in Tough Times: September 10th 2021 @ 3:30pm**

Covering:

The difference between functional and dysfunctional anxiety

The impact of anxiety

Skills and strategies to cope with and reduce anxiety that you can apply immediately

Stay for an extra 15 minutes and do a Progressive Muscle Relaxation exercise to finish off the session.

#### **Building Resilience in Yourself and in Your Business: September 17<sup>th</sup> @ 3:30pm**

Covering:

What is resilience?

Why is resilience important for you and your business?

How do we build resilience?

What are the core skills to being resilient for yourself and your business?

#### **Webinar Link –**

To register for webinar please visit - <https://clipboardau.webinarninja.com/series-webinars/4140/register>

The industry faces many challenges with over 90% of hospitality workers worried about mental health, 60% of which have reported a mental health condition. Over 60% of hospitality workers feel that anxiety affects their performance and constantly battle stressed with financial pressure and high pressure and shift work affecting relationships. It is also reported that nearly 90% of female hospitality workers have experienced some form of sexual harassment adding to a high anxiety workplace. These challenges are further amplified during COVID with additional job losses, wage cuts and ongoing job uncertainty.

Brendan Leeds (CEO- Clipboard hospitality) says *“The challenges faced by the industry over the last few years, have highlighted the growing mental health issues within the hospitality sector. Business owners and workers have all faced unprecedented continuous setbacks and are trying to find a way forward in an already precarious and stressful working environment. We hope these seminars and the launch of our LMS as part of our Wellbeing Program will make a difference to the hospitality industry and our community”*.

*It is our hope with these seminars and the launch of our LMS, that we are able to make some form of a difference to the hospitality industry and its community. “*

**About Clipboard Hospitality:**

Clipboard Hospitality was formed by hospitality people for the hospitality community with a vision to connect the global hospitality industry via a social, professional networking and commercial platform. Clipboard was designed to connect industry professionals and the end-to-end supply chain for the hospitality industry - growers, wholesalers, suppliers, businesses, and venues, and ultimately the 'hospo lover' - the broader community.

**About Dr Lillian Nejad**

Lillian Nejad, PhD, is a clinical psychologist and author with over 20 years of experience. She has applied her extensive knowledge and experience in a variety of settings as a Senior Psychologist in public mental health services, a University Lecturer and Clinical Supervisor, in private practice, and within community and corporate organisations. Lillian's broad range of experience in mental health has led to a number of specialist areas and interests including anxiety and stress, relaxation and mindfulness techniques, resilience, and insomnia. Lillian's mission is to provide accurate information and strategies in an accessible, genuine and engaging manner that fosters positive change for everyone involved, and empower people with the skills they need to improve their quality of life at home and at work

Lillian is passionate about supporting people and businesses who contribute to society's sense of enjoyment, connection, culture and diversity and specifically those who have been adversely affected by the pandemic in the hospitality, arts and entertainment industries.

This is just the beginning! The Clipboard Wellness Program includes the development of a range of live activations and events with brand partnership opportunities.

**For further information, imagery or interview requests, please contact Clipboard Hospitality at:**

[support@clipboardau.com](mailto:support@clipboardau.com)

[Brendan.leeds@clipboardau.com](mailto:Brendan.leeds@clipboardau.com)

References – The drinks business; Hospo Voice; SmartCompany; Superfriend; AMP; Australian Bureau of Statistics;