

MENTAL HEALTH & RESILIENCE FOR PERSONAL WELLBEING & PERFORMANCE

PSYCHOLOGICAL SKILLS TRAINING
FOR PROFESSIONALS AND TEAMS

3 FEBRUARY

ONLINE DELIVERY

EXPLORE

- Understand the psychology of change, and how you respond to uncertainty
- Explore its ongoing impact on the workplace, and in your personal life
- Understand the five key domains that influence your behaviour in social situations
- Establish a regular self-care routine for yourself, both in and out of work (virtual and physical)

EXPERT FACILITATOR



Melissa Harries
Principal Psychologist
Mindset Psychology

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VIRTUAL EVENT

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ABOUT THE EVENT

While we've all worked to adapt to the so-called 'new normal', a combination of the sudden change and environmental pressures have undeniably taken a toll and the full impact on workplace mental health is yet to be seen. Whether it's coming to grips with returning to the office, still working remotely or in dispersed, digital teams or dealing with the loss of colleagues and friends all these factors are affecting our mental health.

Even if you feel you've adjusted to the short-term effects, we now find ourselves facing the long-term impacts of this change. As we continue to adapt to disruptions, feelings of stress and anxiety continue to rise, and it has never been more critical that you possess the psychological skills to effectively manage your mental health and well-being.

Psychologist and workplace mental health expert Melissa Harries has supported the development of psychologically safe workplaces and mentally healthy teams across all industries. Melissa will equip you with the skills and knowledge to better understand and manage your own mental health and well-being, and also to help support those around you. Deepen your understanding of anxiety, stress, and depression, and acquire skills to boost your resilience and optimise performance during times of disruption.

Group Discounts Available!



**25% off
Standard Rate**
Team of 8 +



**20% off
Standard Rate**
Team of 5 - 7



**10% off
Standard Rate**
Team of 3 - 4

DAY ONE

Anxiety and change - How we respond to uncertainty

- ▶ Explore the nature and cause of anxiety in the context of crisis
- ▶ Understand the psychology of change, and how you respond to uncertainty
- ▶ Explore its ongoing impact on the workplace, and in your personal life
- ▶ What is the psychological impact of working in dispersed, remote and reduced teams?
- ▶ Mapping your unique stress signature

Using neuroscience to work more effectively with others

- ▶ Understand the five key domains that influence your behaviour in social situations
- ▶ Strategies for regulating panic reactions, and maximising positive feelings
- ▶ How to maximise your sense of connection and cohesion in digital teams

Mental health for individuals and employees

- ▶ Identify warning signs in yourself and your team-members
- ▶ Managing your own well-being and being available to support your colleagues
- ▶ Communication techniques for building rapport and empathetic understanding
- ▶ Practical strategies for supporting anxious colleagues, friends or family

Psychological Skills

- ▶ Understanding the function of emotions and what a healthy emotional life looks like
- ▶ Practical psychological strategies to change unhelpful thoughts and to switch off from worry
- ▶ Practice emotion regulation skills

YOUR FACILITATOR

Melissa's mission is to enable organisations and individuals to develop the skills to enhance mental health and wellbeing. She encourages a proactive and effective response to any and all of life's demands, regardless of how challenging they may be.



Melissa Harries
Principal Psychologist
Mindset Psychology

Registration Information

| | | | | |
|-----------------------------|-----------|----------|-------|----------|
| Organisation Name | | | | |
| Address | | Suburb | State | Postcode |
| Booking Contact Information | | | | |
| Title | Full Name | Position | Email | Phone |

Delegate Information

| # | Title | Full Name or TBA | Position | Email |
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Your Investment

| Options (per person) | Rapid Action Rate Register and pay by 29 October | Value Plus Rate Register and pay by 26 November | Super Saver Rate Register and pay by 21 December | Early Bird Rate Register and pay by 7 January | Standard Rate |
|---------------------------------|--|---|--|---|--|
| Qty | | | | | |
| Workshop | \$995 + GST = (\$1094.50) | \$1095 + GST = (\$1204.50) | \$1195 + GST = (\$1314.50) | \$1295 + GST = (\$1424.50) | \$1395 + GST = (\$1534.50) |
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25% off Standard Rate
Team of 8 +

TOTAL incl GST

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Note: Course materials, refreshments & lunches are included. Travel and accommodation are NOT included. Registration Options are per person only.

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