

# PUBLIC SECTOR MENTAL HEALTH & RESILIENCE FOR PERSONAL WELLBEING & PERFORMANCE

SUPPORT THE HEALTH AND WELL-BEING OF YOUR TEAMS, YOUR AGENCY, AND YOURSELF THROUGH DISRUPTION AND UNCERTAINTY



28  
SEPTEMBER

ONLINE DELIVERY

## EXPLORE

- ▶ Understand the nature of crisis and anxiety in a public sector environment
- ▶ Explore the psychological impact of altered and dispersed working arrangements
- ▶ Prepare for behavioural variations in response to crisis and implement support strategies
- ▶ Develop good personal mental health practices to ensure your own well-being

## EXPERT FACILITATOR



**Melissa Harries**  
Principal Psychologist  
Mindset Psychology

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## VIRTUAL EVENT

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## ABOUT THE EVENT

As a leader, you are the caretaker of your team professionally, and in this climate their professional well-being will depend heavily on their personal well-being. Your capacity to support their well-being relies on your ability to maintain your own mental health. 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 ensure the health and well-being of your teams through complex and challenging times.

Deepen your understanding of anxiety, stress, and depression, and acquire skills to respond to and support the needs of your team and yourself. Boost your resilience and maximise your potential to step up as a stronger leader with a stronger team.

## YOUR FACILITATOR

Melissa is a psychologist and specialist in developing proactive interventions that improve employee wellbeing, drawn from over a decade working with the Australian Army running a military mental health unit supporting a unit of 1200 soldiers.

She is also the founder of the Parramatta Psychology Clinic, in 2012, and provides EAP counselling, where she specialises in Managing Mental Health in the Workplace and Adaptability.



**Melissa Harries**  
Principal Psychologist  
Mindset Psychology

## WORKSHOP SCHEDULE

- 8.30 - 9.00 Sign in
- 9.00 - 10.40 Session One
- 10.40 - 11.00 Morning Tea
- 11.00 - 12.30 Session Two
- 12.30 - 1.30 Lunch
- 1.30 - 3.00 Session Three
- 3.00 - 3.20 Afternoon Tea
- 3.20 - 4.30 Session Four
- 4.30 Close of Workshop

## 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 public sector, at work 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

## WHO WILL ATTEND?

Professionals across all disciplines and departments throughout the Australian Government:

- ▶ Federal
- ▶ State
- ▶ Local



## 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
1				
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## Your Investment

Options (per person)	Rapid Action Rate Register and pay by 28 July	Value Plus Rate Register and pay by 10 August	Super Saver Rate Register and pay by 24 August	Early Bird Rate Register and pay by 7 September	Standard Rate
Qty Workshop	\$995 + GST = (\$1094.50)	\$1195 + GST = (\$1314.50)	\$1295 + GST = (\$1424.50)	\$1395 + GST = (\$1534.50)	\$1495 + GST = (\$1644.50)
Discounted off standard rates :					
	<b>Save up to \$500</b>	<b>Save up to \$300</b>	<b>Save up to \$200</b>	<b>Save up to \$100</b>	All Prices listed in Australian Dollars
<b>Group Discounts Available:</b>	<b>10% off Standard Rate</b> Team of 3 - 4	<b>15% off Standard Rate</b> Team of 5 - 7	<b>20% off Standard Rate</b> Team of 8 - 9	<b>25% off Standard Rate</b> Team of 10+	<b>TOTAL incl GST</b>

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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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## Authority

Authorising Manager's Details: This registration is invalid without a signature

Name	Position	Phone
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	X	

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