

Workforce Mental Health Strategies for Managers & Leaders

8 June | Online

Support the health and well-being of your teams, your organisation, and yourself

- Understand the nature of stress and anxiety
- Review your workplace psychological safety
- Build a wellbeing framework to support employee mental health
- Develop good personal mental health practices for individuals and workplaces to ensure well-being

THE AGENDA

Workshop

8 June | 9:00 - 4:30

- Anxiety, stress and our response
- Psychological safety at work
- Mental health for managers - Support your team and your organisation
- Self-care - Helping to build organisation-wide resilience

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

GROUP DISCOUNTS

3 - 4 Attendees

10%

5 - 7 Attendees

15%

8 - 9 Attendees

20%

10+ Attendees

25%

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