## 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 organisationwide 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**





#### Workforce Mental Health Strategies for Managers & Leaders

## **BOOKING FORM**

Event Reference: WMHC0523A - O Priority Code: I

#### 8 June 2023 | Online

#### **i Registration Information** Organisation Name Address Suburb State Postcode Booking Contact Information Title Full Name Position Email Phone æ **Delegate Information** # Title Full Name or TBA Position Email 1 2 3 4 5 6 7 8

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#### Pricing Ends 23 Feb Ends 16 Mar Ends 6 Apr Ends 27 Apr **Rapid Action** Value Plus **Super Saver Early Bird** Standard Save \$200 Save \$600 Save \$500 Save \$300 Rate **\$1195** +gst = \$1314.50 \$1395 +gst = \$1534.50 \$1495 +gst = \$1644.50 **\$1095** +gst = \$1204.50 **\$1695** +gst = \$1864.50

GROUP	3 - 4 attendees	5 - 7 attendees	8 - 9 attendees	10+ attendees	No. of	Total	
DISCOUNTS	10%	15%	20%	<b>25%</b>	Attendees	incl. GST	

Conditions: Group Discounts apply for bookings made simultaneously. Only one discount applies. Group discounts apply to standard rates only. Group discounts are not applicable to Rapid Action, Value Plus, Super Saver and Early Bird rates. Discounts cannot be applied retrospectively and must be claimed at the time of booking. Liquid Learning Group reserves the right to have sole discretion on an organisation's eligibility for discounts. Note: All prices listed in Australian Dollars. Course materials included. Registration Options are per person only.

#### Payment Details

Credit Card	Credit Card Details - Please charge my credit card for this registration: Card Type Visa MasterCard American Express	Electronic Funds Transfer (EFT) Please transfer funds directly to: Westpac Account Name: Liquid					
Cheque (payable to Liquid Learning Group Pty Ltd) Electronic Funds Transfer Please invoice me: Purchase Order No. #	Note: 2% surcharge applies to American Express payments         Card Number       Expiry         Expiry       Expiry         CVV       Full Name as on card	Learning Group Pt Ltd BSB: 032 002 Account No: 407 273 SWIFT Code: WPACAU2S Amount					
	Cardholder's Contact Number Signature	Please quote ref WMHC0523A - O and registrant name					
Authority       Authorising Manager's Details: This registration is invalid without a signature							
Name	Position Phone						

Email

Email this form to: registration@liquidlearning.com.au or Call us on: +61 2 8239

Signature

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Date

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