

2023

WorkPlace Interventions

TRAINING BROCHURE



WORKPLACE
INTERVENTIONS



*empowering
people with
knowledge*

About WPI



We set our clients up for success.

Not all courses and training are created equal. WorkPlace Interventions is taking training and education to new heights through technological advancements in our online capabilities, paired with our subject matter experts and evidence-informed content. Together making for a great learning experience.

With early intervention in our hearts, evidence-based and targeted courses provide our clients with the knowledge and skills needed in occupational health and safety, return to work, wellbeing and workplace mental health.

In an ever-changing workforce, staying up to date on industry trends, organisational risk, and best practice interventions is what we do best because supporting our clients is our number one priority!



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Director's Message



Think speedboat versus Titanic. As a small business, we remove the lengthy chain of command, meaning fewer layers, fewer employees, and more efficient operations. We can also respond much quicker to our client's concerns and more flexibly. We can delve more deeply into an organisation's challenges to tailor best-fit solutions.

We make up a pretty compact skill set with two main advantages; one, clients who need specialised services know that we are the go-to provider. Secondly, as industry specialists, we understand our specialism perfectly.

There's nothing like the buzz of producing something that a client is pleased with - and that's a feeling our clients get working with us.

Teresa Coffey

Director

Flipped Learning Explained

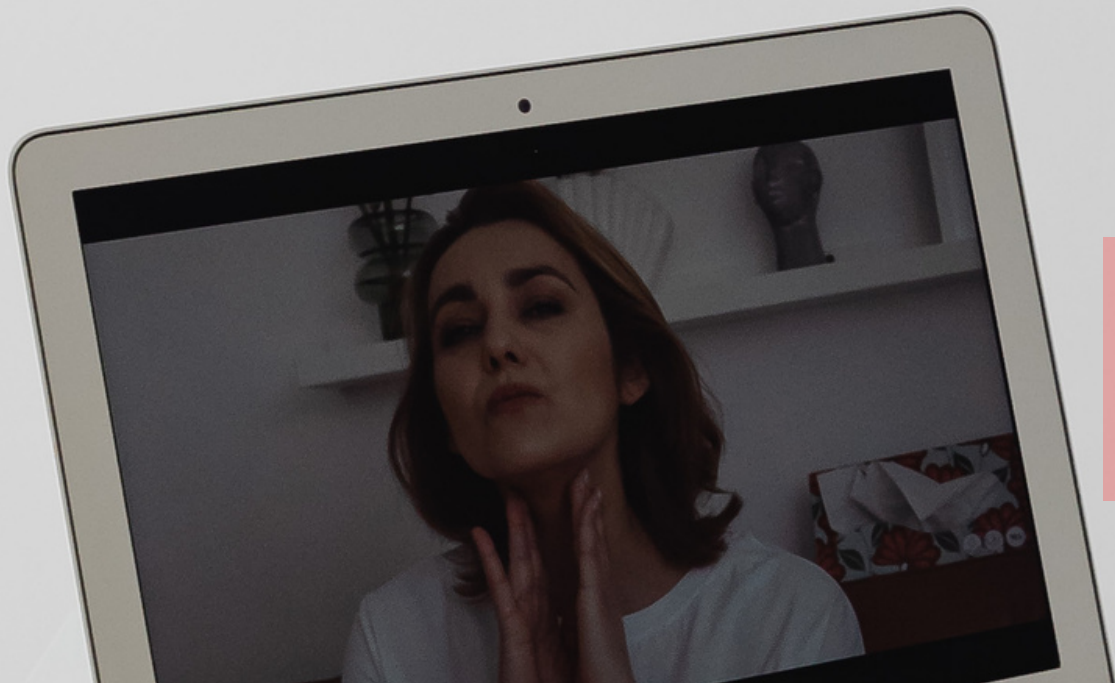
We understand that learning can happen anywhere and in different ways, and in meeting the need for flexibility, our flipped online learning courses are about putting our client's needs first!

Flipped online learning consists of a facilitator-led theory module followed by an online facilitator-led live workshop. This learning mode has been carefully crafted and refined to combine self-paced, facilitator-led theory incorporating an interactive interface and offering additional resources to maximise engagement and enhance the learning experience.

Turning knowledge into know-how, the follow-up virtual workshop facilitates participant learning through interactive activity-based case studies, polling questions, whiteboard activities and group discussions. The live workshop is designed to derive theory from the knowledge attained in the facilitator-led theory module.

Organisations also have the option to customise many of our course offerings.

FLEXIBLE, FLIPPED
ONLINE LEARNING



"For someone who does not do online training, I had an exceptional experience with this training team. The admin team were very accommodating, helping me navigate the online world and answering my endless questions. I was surprised at how engaging and interactive the online course was. A+!"

Course Participant

CUSTOMISED WITH THOUGHT AND CARE



Unlike other providers who specialise in one particular area or industry, Workplace Interventions was founded by individuals whose careers span mental health, wellbeing science, occupational health and safety and injury management. We work across most industries, and as workplace specialists, have a holistic approach to understanding our client's needs.

Our education services include eLearning, face-to-face, online, and hybrid training. Our suite of standardised programs can also be customised or, if required, developed from the ground up.

Consulting services include workplace audits (WorkCover, OHS and mental health), policy and procedure development, injured worker or manager toolkit, high-risk role reviews, return to work task library and many more.

Our facilitators are industry experts who work in their respective fields and the classroom- pushing the boundaries on what is possible in developing current, relevant courses that hit the mark.

WorkPlace Interventions have many partners, including DXC, Allianz, Gallagher Basset, The Department of Education, Central Gippsland Health Services, Peter Mac, The Department of Justice, NSW Ambulance, Victoria Police, Western Health Group, Uniting, Pacific National, Level Crossing Removal Projects, Local Government and many more.



Fearless

From new starters in the industry to experienced industry specialists, there is a range of courses designed to support the development of those involved in the return to work, injury management, and/ or WorkCover field.

These courses are designed for those actively involved in return-to-work whilst there are many benefits for those in HR, OHS, payroll, claims as well as supervisors and executives.

WORKSAFE ENDORSED RETURN TO WORK COORDINATOR TRAINING

Program Sneak Peak

APPLY NOW

<https://workplaceinterventions.com.au/return-to-work-coordinator-training/>

-  2 Days
-  Every Month
-  Online or Face-to-Face
-  \$430 pp online or \$549 pp F2F

Following the principles of effective injury management, RTW Coordinators will be equipped with the tools to effectively meet the return-to-work obligations under the WIRC Act 2013, including the steps required to facilitate a safe and sustainable return to work. This comprehensive course is also helpful for managing non-work-related injuries. A WorkSafe-endorsed certificate is issued upon completion.

Who Should Attend

- People Leaders
- Return to Work Coordinators
- Executives
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- Payroll

Key Focus Areas

- Prepare for Return to Work
- Return to Work Information
- Role of a Return-to-Work Coordinator
- Plan for Return to Work
- How to Develop a Return to Work Plan
- Employer Assistance
- Return to Work Inspectors
- Premium Calculation, PIAWE and Entitlement Periods
- Worker Support and Worker Obligations
- Return to Work Issues
- Respond to Workplace Injuries
- Communication with Treating Practitioners and Occupational Rehabilitation Providers.



ADVANCED WORKCOVER AND RETURN TO WORK PART 1

Program Sneak Peak

APPLY NOW

<https://workplaceinterventions.com.au/return-to-work-coordinator-training/>

-  2 Days
-  Every 3 Months
-  Online or Face-to-Face
-  \$549 pp online or \$520 pp F2F

Part one of the two-part advanced program focuses on current challenges and early intervention tools for complex claims using evidence-based tools. A practical application and model for implementing a positive return to work and injury reporting culture will be explored while the manager's role in the return to work is examined, incorporating evidence from a recent study that identifies the manager's needs and how to engage them in the return to work process. A certificate is issued upon completion

Who Should Attend

- Return to Work Coordinators
- Executives
- People and Culture Team
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- External Consultants

Key Focus Areas

- New and Emerging Trends
- How to Implement a Positive Return to Work Culture
- The Role of Supervisors and Managers in the Return to Work Process
- Managing Complex Physical Claims
- Understanding Premium and Strategic Claims Management



ADVANCED WORKCOVER AND RETURN TO WORK PART 2

Program Sneak Peak

- 2 Days
- Every 3 Months
- Online or Face-to-Face
- \$549 pp online or \$520 pp F2F

APPLY NOW

<https://workplaceinterventions.com.au/return-to-work-coordinator-training/>

Part two of this advanced program looks at improving skills in early and pre-claims management, emotional intelligence's role in managing complex claims, strategies for challenging treating health practitioners, and understanding and participating in the dispute resolution process. This program focuses on managing complex mental injury claims, incorporating practical workplace tools to facilitate a return to work for a mental injury. A certificate is issued upon completion

Key Focus Areas

- The Role of Emotional Intelligence in Return to Work
- Reaching Resolution: Improving Conflict Resolution Skills and Participation in the Dispute Resolution Process
- Mental Health: Improving Skills in Pre-claim and Early Claim Management
- Treating Practitioners: Strategies for Engaging Challenging Treaters

Who Should Attend

- Return to Work Coordinators
- Executives
- People and Culture Team
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- External Consultants



UNDERSTANDING PIAWE, CWE, PREMIUM, AND SCE

Program Sneak Peak

- Half Day
- Twice a year
- Flipped Online
- \$249 pp
- Customisable
- Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

This session provides a comprehensive understanding of how Workers' Compensation premium is calculated and focuses on employer premium requirements. The second part of the seminar provides an overview of PIAWE, and it's calculation.

Key Focus Areas







- Pre Injury Average Weekly Earnings (PIAWE)
- Claim Liability
- Legislative Requirements
- Statistical Case Estimate
- Workplace Injury Insurance

Who Should Attend

- Return to Work Coordinators
- Payroll
- Return to Work Assistants
- Executives
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- People Leaders

INTRODUCTION TO WORKCOVER

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

Designed to provide participants with an overview of the WIRC ACT 2013, this course will equip participants with the "must know" of The Act, roles and responsibilities of key return to work stakeholders, liability for workers' compensation claims, claims settlement options and a review of rights and obligations of both the worker and the employer.

Claim liability and calculating workers' compensation entitlements activities will be included in this program.

Key Focus Areas







- The WorkCover Scheme
- Claim Lodgement Obligations
- Return to Work Obligations
- WorkCover Entitlements

Who Should Attend

- Return to Work Coordinators
- Payroll
- Return to Work Assistants
- Executives
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- People Leaders

RETURN TO WORK FOR MANAGERS AND SUPERVISORS

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$299 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

Managers and supervisors will learn the importance of being involved in the return to work process, being proactive when a workplace injury occurs, identifying suitable duties, and supporting and monitoring worker progress. Managers and supervisors will also learn how to develop and document a graduated return to work plan over a set period and monitor progress.

This session will incorporate a case study where managers will work through the return to work process and complete a return to work plan.

Key Focus Areas





- The Importance of Supervisor and Manager Involvement in the Process.
- Preparing for Return to Work
- Essential Communication Skills When Dealing With Injured Workers
- Steps Involved in Creating a Return to Work Plan
- How to Apply a Best Practice Return to Work Approach

Who Should Attend

- Operational Supervisors
- Return to Work Coordinators
- Return to Work Assistants
- Health and Safety Professionals
- People and Culture Team
- Senior Leaders

HOW TO DEVELOP A RTW PLAN FOR A MENTAL INJURY

Program Sneak Peak

-  Half Day
-  Every 2 months
-  Flipped Online
-  \$249 pp

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

This program offers participants the opportunity to learn practical return-to-work skills to help identify workplace aids, supports and modifications for mental injuries.

Recognising return-to-work plans for psychological injuries are more complex, this course will provide an employer's guide on how to develop a clear, accurate and current return-to-work plan that will best achieve a successful and sustainable return to work.

Key Focus Areas

- Common Workplace Mental Injuries
- Mental Injury Process Overview
- Collaboration with Key Parties
- Developing, Monitoring, Reviewing and Graduating RTW Plans
- Workplace Adjustments and Reasonable Adjustments







Who Should Attend?

- Return to Work Coordinators
- Return to Work Assistants
- Executives
- New Starters in the Industry
- People and Culture Team
- People Leaders
- Peer Support Staff
- External Consultants



MANAGING PSYCHOLOGICAL INJURY CLAIMS

Program Sneak Peak

-  Half Day
-  Twice a year
-  Flipped Online
-  \$249 pp
-  Customisable
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

Psychological injury equates to approximately 11% of claims and accounts for over 30% of claims cost. Returning to work after a psychological injury is slower, and statistically, workers are less likely to return to work than a physical injury. With workers staying off work for longer, the management of psychological injury claims requires additional skills and knowledge.

This course explores the process of employer claim lodgement and the claim liability process of psychological injury claims. Participants are introduced to strategies, resources and improved ways for responding promptly to a psychological injury. This program is designed to teach participants a best-practice, person-centred approach to the management and return to work of psychological injury claims..

Key Focus Areas

- Common Workplace Mental Illnesses
- Claim Liability Process
- Psychological Injuries: Barriers and Early Intervention
- Practical Workplace Adjustments for Psychological Injuries
- How to Mitigate Risks for Secondary Psychological Injuries





Who Should Attend?

- Return to Work Coordinators
- Return to Work Assistants
- Executives
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- External Consultants



HOW TO DEVELOP A RTW PLAN FOR A PHYSICAL INJURY

Program Sneak Peak

-  Half Day
-  Every 2 months
-  Flipped Online
-  \$249 pp

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

This program offers participants the opportunity to learn practical return-to-work skills to help identify workplace aids, supports and modifications for physical injuries.

Under the workers' compensation legislation, when a worker is injured on the job and has an incapacity for work, employers have an obligation to help them return to safe work.

Key Focus Areas







- Common Workplace Physical Injuries
- Understanding and Interpreting Certificates of Capacity
- Collaboration with Key Parties
- Developing, Monitoring, Reviewing and Graduating RTW Plans
- Workplace Adjustments and Reasonable Adjustments

Who Should Attend?

- Return to Work Coordinators
- Return to Work Assistants
- Executives
- New Starters in the Industry
- People and Culture Team
- People Leaders
- Peer Support Staff
- External Consultants

EMOTIONAL INTELLIGENCE IN RETURN TO WORK

Program Sneak Peak

-  Half Day
-  Twice a year
-  Flipped Online
-  \$249 pp
-  Customisable
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/workcover-return-to-work-training-courses/>

Emotional Intelligence has been demonstrated to be positively related to job performance especially those jobs that demand a high degree of social interaction. Leadership is about social interaction and Emotional Intelligence has been demonstrated to be present in highly effective leaders. The term, Emotional Intelligence, was coined by Daniel Goleman and includes psychological attributes such as self-awareness, self-regulation, influence, empathy and social skills. Participants will gain an understanding of these attributes and learn how to develop or build on these skills exhibit to become more effective. The course will also explore the link between Emotional Intelligence and culture transformation, active listening, decision making, resilience and self-confidence. Session activities will include role-playing as well as reflecting on the application of EI attributes in the manager's own role.

Key Focus Areas

- Emotional Intelligence Questionnaire
- Management of Return to Work Stakeholders
- Why Emotional Intelligence Matters
- Emotional Journaling
- Goleman's EI Performance Model

Who Should Attend?

- Return to Work Coordinators
- Return to Work Assistants
- Executives
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- External Consultants



Training is one of the most impactful initiatives an organisation can offer their employees.

The right training can help create a thriving workplace by building mental health and wellbeing capability. WorkPlace Interventions recognise that mental health problems start out as a hidden struggle: and are less evident than physical injury or sickness, highlighting the importance of selecting the proper education intervention that aligns with the organisation's specific needs.

MENTAL HEALTH ESSENTIALS FOR PEOPLE LEADERS

Program Sneak Peak

- 🕒 Half Day
- 📅 Twice a year
- ⚙️ Customisable
- 📍 Flipped Online
- 💰 \$249 pp
- 👤 Also available in F2F

Given workplace mental health problems are often hard to address, this program explores how people leaders can better identify early warning signs of poor mental health and learn practical skills for communication interventions, reasonable adjustments and encouraging help-seeking behaviour. This program is an early intervention approach for increasing mental health literacy, reducing workplace, societal and self-stigma, and empowering leaders with essential mental health knowledge and skills required to support their people.

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Who Should Attend

- General Managers
- Operational Managers and Supervisors
- Return to Work Coordinators
- Executives
- People and Culture Team
- Senior Leaders

Key Focus Areas

- Mental Health in Australia
- Work and Mental Health
- Communication Interventions
- Workplace Support
- Wellbeing and Self-care



MENTAL HEALTH FUNDAMENTALS

Program Sneak Peak

- 🕒 Half Day
- 📅 Twice a year
- ⚙️ Customisable
- 📍 Flipped Online
- 💰 \$249 pp
- 👤 Also available in F2F

Aimed to equip all employees with the fundamental knowledge, skills, and tools to recognise mental health conditions, this course is an excellent introduction to workplace mental health using a non-judgmental approach to encourage help-seeking. Course objectives aim to reduce mental health stigma, increase awareness, and enhance empathy and understanding among those with mental health problems.

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Who Should Attend

- Return to Work Coordinators
- HR Professionals
- People and Culture Team
- Students
- Mental Health Awareness





Key Focus Areas

- Common Workplace Mental Injuries
- Work and Mental Health
- Communication Interventions
- Workplace Support
- Selfcare and Wellbeing



STRESS AWARE AND SELF CARE WORKSHOP

Program Sneak Peak

-  Half Day
-  Twice a year
-  Online Workshop
-  \$170 pp

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

A facilitator-led workshop focussing on changing a person's relationship with stress and responding to difficult moments in life with kindness, care, and compassion.

This workshop is designed to introduce the concepts of self-care and wellness and offer practical evidence-informed tools and interventions that can be implemented immediately.

Key Focus Areas

- Impact of Stress, Including the Risk of Burnout, Anxiety, Depression and Burnout
- Negative Impacts of Poor Mental Health at an Individual Level
- Supportive Home and Work Environment, and
- Identify and Encourage Real Life Self-Care Strategies to Engage in Wellbeing Activities to Enable Wellbeing and Good Mental Health.







Who Should Attend

- Return to Work Coordinators
- CEO's or managing directors
- New starters in the industry
- HR Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students



VICARIOUS TRAUMA, RESILIENCE AND SELF CARE INTERVENTIONS

Program Sneak Peak

-  Half Day
-  Twice a year
-  Flipped Online
-  \$299 pp
-  Customisable
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

The toll of witnessing or hearing about intense human experiences and emotions can negatively transform a person's sense of safety, competence, and purpose. A trauma-informed approach is one of the first steps to understanding the risks of trauma-related work, including evidence-informed organisational and individual interventions designed to support high-risk roles.

From workforce retention to the health and wellbeing of workers, there are compelling reasons to increase the literacy around vicarious trauma and embed both individual and organisational mitigation strategies. Designed for those who work in a high-risk role (regular exposure to other people's trauma), this course is underpinned by wellbeing science, health and safety and peer, support.

Key Focus Areas

- What is Trauma and Cumulative Trauma
- Understanding Vicarious Trauma and its Impact
- Resilience and Post-Traumatic Growth
- Self-Care and Wellbeing







Who Should Attend

- Return to Work Coordinators
- CEO's or managing directors
- First Responders
- HR Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students



PSYCHOLOGICAL FIRST AID IN THE WORKPLACE (INTRODUCTION)

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Psychological First Aid (PFA) is an evidence-based, recommended approach to assisting people in the immediate aftermath of trauma exposure. PFA is a practical tool used to reduce initial distress and to provide early support and referral for a person in the days and weeks following a potentially traumatic event.

Participants will learn core PFA skills and gain the knowledge required to help and support co-workers, clients or a community affected by a trauma event such as a workplace critical incident.

Key Focus Areas

- Understanding the Impact of Trauma
- Effective Strategies to Help Peers Recover
- Ensuring Safety Through Emotional Comfort
- Offering Practical Advice to Meet Immediate Needs







Who Should Attend

- Return to Work Coordinators
- CEO's or managing directors
- New starters in the industry
- HR Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students



ADVANCED PSYCHOLOGICAL FIRST AID IN THE WORKPLACE

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$399 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

This course provides individuals and organisations with an in-depth understanding of PFA evidence-based skills that can be used to support employees or clients exposed to a potentially traumatic event.

Participants will learn the 'RAPID' (reflective listening, assessment, prioritisation, intervention and disposition) response, including the different types of trauma, how trauma manifests, resilience and post-traumatic growth, as well as suicide intervention and the role of compassion and self-care.

Key Focus Areas

- The History of Psychological First Aid
- Understanding Trauma
- Critical Incident Workplace Response
- Applying Psychological First Aid and Suicide Intervention
- Wellbeing for Psychological First Aiders







Who Should Attend

- Return to Work Coordinators
- Executives
- First Responders
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students



WORKPLACE WELLBEING INTERVENTIONS

Program Sneak Peak

-  3 Hours
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Workplace wellbeing plays a large role in promoting and maintaining our mental health. Research shows that mentally healthy workers are more productive and less likely to take sick leave. We spend most of our waking weekday hours at work. We can spend more time with our workmates and clients than we do with our own families and friends. It's important that we feel mentally well, healthy, safe and valued at work, so we can perform at our best and flourish in other aspects of life. This course focuses on the benefits of promoting positive wellbeing in the workplace, factors contributing to wellbeing and key interventions to be implemented.

Key Focus Areas







- Ways to Enhance Work Performance and Productivity Through Workplace Wellbeing
- How to Improve Your Wellbeing
- Factors that Contribute Towards Workplace Wellbeing
- Six Ways to Contribute to Wellbeing in the Workplace
- The Link Between Wellbeing and Mental Health

Who Should Attend

- Return to Work Coordinators
- CEO's or managing directors
- New starters in the industry
- HR Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students

5 WAYS TO WELLBEING

Program Sneak Peak

-  2 Hours
-  Twice a year
-  Customisable
-  Online Workshop
-  \$170 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

This course will introduce you to the five effective and relatively simple ways that you can improve your psychological and emotional health. Through evidence informed research, this course will guide participants through hand on tools and strategies for you to make improvements to your wellbeing.

Key Focus Areas







- Important of Wellbeing in Everyday Life
- 5 Key Ways to Proactively Improve Wellbeing
- Wellbeing and Mental Health

Who Should Attend

- Return to Work Coordinators
- Executives
- First Responders
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students

EMOTIONAL RESILIENCE

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Emotional Resilience is what we use to describe how we can adapt to stressful situations or traumatic incidents. Resilience has many benefits in daily life and research shows that individuals who have the tools to manage minor stress are more equipped to manage their mental health following a crisis.

Key Focus Areas







- How to be More Aware of Ones Emotional Intelligence
- Emotional Resilience Factors that We Can and Can Not Control
- Traits of Emotional Resilience
- Internal and External Locus of Control

Who Should Attend

- Return to Work Coordinators
- CEO's or managing directors
- New starters in the industry
- HR Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students

POSITIVE PSYCHOLOGY IN THE WORKPLACE

Program Sneak Peak

-  Half Day
-  Twice a year
-  Customisable
-  *Flipped* Online
-  \$399 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-training-courses/>

Positive psychology is the scientific study of human flourishing. It focuses on a strengths based approach that enable individuals, including organisations to thrive. A workplace that focuses and fosters positive psychology can help staff be more productive and better at managing conflict.

Key Focus Areas

- Benefits of Positive Psychology in the Workplace
- PERMA in the Workplace
- Key Factors Impacting Wellbeing and Organisational Performance
- Workplace Psychosocial Risk

Who Should Attend

- Return to Work Coordinators
- Executives
- First Responders
- Health and Safety Professionals
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students

MENTAL HEALTH FIRST AID ACCREDITED TRAINING

Program Sneak Peak

- 2 Days
- Weekly
- Online or Face-to-Face
- \$299 pp online or \$460 pp F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-first-aid-accredited-training-f2f/>

This accredited program helps employers and/or individuals implement a best practice early intervention approach for those who may be experiencing poor mental health. Participants will learn how to recognise the symptoms of different illnesses and assess for mental health crises, equipping participants to provide immediate assistance.

Those trained as accredited MHFAiders are eligible to be appointed as Mental Health First Aid Officers in the workplace. This course comes with a 3-year accreditation.

Key Focus Areas

- Mental Health Problems in Australia
- Mental Health First Aid Action Plan
- Mental Health Illnesses Including Depression, Anxiety Problems, Psychosis and Substance Use Problems
- Mental Health Crises Including Suicidal Thoughts, Non-Suicidal Self-Injury, Panic Attack, Severe Psychotic State, and Aggressive Behaviour.
- Reasonable Adjustments and Understanding Legislation Associated with Supporting Workplace Mental Illness.

Who Should Attend

- Return to Work Coordinators
- Executives
- New starters in the industry
- Health and Safety Professionals
- Physical First Aiders
- People and Culture Team
- People Leaders
- Peer Support Staff
- Students
- Applicable to all employees



REFRESHER MENTAL HEALTH FIRST AID ACCREDITED TRAINING

Program Sneak Peak

- Half Day
- Every Month
- Online or Face-to-Face
- \$120 pp online or \$150 pp F2F

APPLY NOW

<https://workplaceinterventions.com.au/mental-health-first-aid-accredited-refresher-training/>

Refresher courses are available for individuals who completed the Mental Health First Aid face-to-face or equivalent blended online Mental Health First Aid course within the last three years.

The refresher course enables accredited Mental Health First Aiders to refresh their knowledge and skills and extend their accreditation for a further 3 years.

Key Focus Areas

- Gain an Understanding of the Latest Research in the Mental Health Field
- Learn the 3 Key Actions for Helping Someone Feeling Suicidal
- Work Through Complex Mental Health First Aid Interactions
- Practice Mental Health First Aid Skills.



Who Should Attend

- Anyone who has previously completed the standard or youth mental health first aid full accreditation within the past 3 years, including the blended equivalent.



YOUTH MENTAL HEALTH FIRST AID ACCREDITED TRAINING

Program Sneak Peak

-  2 Days
-  Every 2 Months
-  Online or Face-to-Face
-  \$340 pp online or \$490 pp F2F

APPLY NOW

<https://workplaceinterventions.com.au/youth-mental-health-first-aid-accredited-training/>

For adults working or living with adolescents (those aged between 12 and 18 yrs), this course can also be relevant for those helping people a little younger or older.

Participants will learn how to recognise the symptoms of different illnesses and mental health crises, equipping them to provide immediate assistance. This course comes with a 3-year accreditation.

Key Focus Areas

- Mental health problems in Australia
- Mental Health First Aid Action Plan
- Mental health illnesses Including Depression, Anxiety Problems and Psychosis and Substance Use Problems
- Mental Health Crises Including Suicidal Thoughts, Non-Suicidal Self-injury, Panic Attack, Traumatic Event, Severe Psychotic State, and Aggressive Behaviour





Who Should Attend

- Teachers and Educators
- Youth Social Workers
- Youth Case Managers
- Counsellors
- School Counsellors
- Student Services
- School Principals
- Parents and Guardians
- Adults Working or Living with Adolescents



ASSISTED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Program Sneak Peak

-  2 Days
-  Monthly
-  Face-to-Face
-  \$560 pp

APPLY NOW

<https://workplaceinterventions.com.au/applied-suicide-intervention-skills-training-asist/>

Developed in 1983, ASIST is the world's most widely used suicide intervention model. Studies prove that the ASIST method helps reduce suicidal feelings for at-risk people. People count on ASIST to save and change lives.

Attending this two-day course will train participants to intervene with an individual who is thinking about suicide. Participants will learn how to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Key Focus Areas

- Reflect on Attitudes and Beliefs About Suicide Regarding their Intervention Role.
- Discuss Suicide with a Person Thinking about Suicide Clearly and Directly.
- Build a Collaborative Approach to Intervention Focused on Safe Outcomes.
- Review Immediate Suicide Risk and Develop Appropriate Safe Plans.
- Recognise that Suicide Prevention is Broader than Suicide First Aid and Includes Life Promotion and Caregivers' Self-Care.

Who Should Attend

- Counsellors, Psychologists and Psychiatrists
- Mental Health Workers
- Crisis Workers
- Social Workers and Case Managers
- Teachers and Wellbeing Coordinators
- People Leaders
- Peer Support Staff
- Carers of People with Suicidal Thoughts or Behaviours

Although ASIST is widely used by healthcare providers, participants don't require formal training to attend the workshop—anyone 18 or older can learn and use the ASIST model.





We believe in empowering people with knowledge by taking a proactive approach to workplace health and safety through prevention, mitigating risks before they become injuries, and identifying hazards before workplace incidents or changing processes before someone gets hurt.

Safety in the workplace can only be made possible when staff are equipped with the knowledge and skills necessary to help everyone return home.

OHS ESSENTIALS FOR PEOPLE LEADERS


Program Sneak Peak

 Half Day

 Every 3 months

 Customisable

 Flipped Online

 \$299 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

This course will equip managers and supervisors with an understanding of OHS legal obligations specific to their role. Covering all significant health and safety aspects, this course teaches managers and supervisors to effectively manage the first 24 hours after an injury, perform a risk assessment, consult with employees and health and safety representatives, and identify adequate risk controls. Incorporating case studies, group discussions and practical exercises, this program requires active participation.

Who Should Attend

- General Managers
- Return to Work Coordinators
- Executives
- Health and Safety Professionals
- People and Culture Team
- People Leaders


Key Focus Areas


- OHS Obligations
- Proactive Leadership
- Performing a Risk Assessment
- Injury Prevention and Management



MANAGING AND CONTROLLING WORKPLACE HAZARDS AND RISKS


Program Sneak Peak

 2 Hours

 Twice a Year

 Customisable

 Online Workshop

 \$229 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

This program will provide participants with an understanding of how to reduce and mitigate hazards and risks in the workplace. This program will provide participants with a sense of how to proactively address all types of workplace hazards and risks as well as preventative tips and tricks on preventing workplace injuries.

Who Should Attend


- Health and Safety Professionals
- Operational Managers and Supervisors
- People and Culture Team
- Anyone New to Health and Safety
- Return to Work Coordinators
- Executives

Key Focus Areas

- Identifying all Types of Workplace Hazards
- Assess the Risk of Both Psychological and Physical Hazards
- Effectively Control the Risk of Hazards
- Prevent Workplace Injuries


INCIDENT INVESTIGATION


Program Sneak Peak

 2 Hours

 Twice a year

 Customisable

 Online Workshop

 \$229 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

This course provides participants with the practical skills to investigate workplace incidents, determine contributing factors, and implement controls to prevent incident reoccurrence.

Key Focus Areas


- Legislative Obligations
- Identifying and Investigating Incidents
- Reporting of Incidents
- Processes Following an Injury
- Best Practice Approach to Incident Investigation

Who Should Attend

- Health and Safety Officers
- Return to Work Coordinators
- New Starters in the Industry
- Health and Safety Professionals
- People and Culture Team
- Operational Managers
- Senior People Leaders


HSR INITIAL OHS 5-DAY WORKSAFE APPROVED COURSE

Program Sneak Peak

 5 Days

 Every 2 Months

 Face-to-Face

 \$999 pp

APPLY NOW

<https://workplaceinterventions.com.au/book-hsr-initial-ohs-training-course/>

This WorkSafe-approved course will equip participants with the knowledge and practical skills to deal effectively with OHS issues within the workplace.

Over the five days, HSRs and Deputy HSRs will be equipped with the skills, knowledge and confidence to represent their designated workgroup and help make their workplace safer.

Key Focus Areas







- Interpret the OHS legislative Framework and its Relationship to the HSR
- Identify Key Parties and their Legislative Obligations and Duties
- Establish Representation in the Workplace
- Participate in Consultation and Issue Resolution
- Represent Designated Workgroup Members in any OHS Risk Management Process is Undertaken by the Appropriate Duty Holder(s)
- Issuing Provisional Improvement Notice (PIN) and Directing the Cessation of Work.

Who Should Attend

- Newly Nominated Health and Safety Representatives
- Existing Health and Safety Representatives
- Managers and Supervisors
- Health and Safety Managers
- Safety Officers
- Anyone New to Health and Safety
- Small to Medium Business Owners
- Return to Work Coordinators

PREVENTING WORKPLACE BULLYING AND OVA

Program Sneak Peak

-  Half Day
-  Every 3 Months
-  Customisable
-  Flipped Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

Occupational violence and bullying have psychological and physical effects on those who experience and witness it. It also negatively impacts productivity and organisational culture.

This course provides an overview of applicable laws, the impact of bullying, workers' compensation claims and the role of workplace policies and procedures, with a review of intervention strategies and a practical approach to addressing workplace bullying and OVA.

Key Focus Areas





- Workplace Bullying
- Occupational Violence and Aggression (OVA)
- Impact on Individuals and the Workplace
- Organisational Strategies for Addressing Workplace Bullying and OVA

Who Should Attend

- Return to Work Coordinators
- Managers and supervisors
- Health and Safety Professionals
- People and Culture Team
- Executives
- Peer Support Staff

HSR OHS REFRESHER WORKSAFE APPROVED COURSE

Program Sneak Peak

-  Full Day
-  Every 3 Months
-  Face-to-Face
-  \$589 pp

APPLY NOW

<https://workplaceinterventions.com.au/book-hsr-initial-ohs-training-course/>

This WorkSafe-approved training course will help HSRs understand and exercise their power effectively, providing HSRs with increased confidence and skill to represent their co-workers (i.e. DWG) when health and safety concerns arise.

Key Focus Areas







- Interpret the OHS Legislative Framework and its Relationship to the HSR
- Identify Key Parties and their Legislative Obligations and Duties
- Establish Representation in the Workplace
- Participate in Consultation and Issue Resolution
- Represent Designated Workgroup Members in any OHS Risk Management Process is Undertaken by the Appropriate Duty Holder(s)
- Issuing Provisional Improvement Notice (PIN) and Directing the Cessation of Work.

Who Should Attend

- Newly Nominated Health and Safety Representatives
- Existing Health and Safety Representatives
- Managers and Supervisors
- Health and Safety Managers
- Safety Officers
- Anyone New to Health and Safety
- Small to Medium Business Owners
- Return to Work Coordinators

ADVANCED OHS FOR MANAGERS AND SUPERVISORS

Program Sneak Peak

-  Full Day
-  Every 3 Months
-  Customisable
-  *Flipped* Online
-  \$589pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

Many businesses do not employ a full-time safety professional and the safety portfolio may be handed to one of many managers in the business. This course is to help bridge that gap and inform managers on how to manage basic safety issues and most importantly when to seek further assistance. Further this will help managers to know what questions need to be asked ensuring better utilisation of external service providers.

This session equips managers and supervisors with knowledge and practical skills to fulfil their OHS obligations.

Key Focus Areas







- OHS and Workers Compensation Legislative Framework
- WorkSafe Inspectors, Health and Safety Representative
- Consultation and Communication
- Risk Management
- Incident Management and Notifiable Incidents
- Monitor and Maintain in the Workplace

Who Should Attend

- Return to Work Coordinators
- Managers and supervisors
- Health and Safety Professionals
- People and Culture Team
- Executives
- Peer Support Staff

OHS FUNDAMENTALS

Program Sneak Peak

-  3 Hours
-  Every 3 Months
-  Customisable
-  *Flipped* Online
-  \$249 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

OHS in the workplace is all about keeping workers safe and healthy. This course has been designed to help all working Australia's subject to the Occupational Health and Safety Act 2004 have more knowledge and confidence to managing their own and others safety in the workplace.

Key Focus Areas




- Leadership in Health and Safety
- Overview of Health and Safety Framework and Stakeholder Obligations
- Compliance, WorkSafe and the Role of Inspectors
- Skills to Identify Hazards, Access Risks in the Workplace and Identify/Implement Risk Control Measures

Who Should Attend

- Newly Nominated Health and Safety Representatives
- Existing Health and Safety Representatives
- Managers and Supervisors
- Health and Safety Managers
- Safety Officers
- Anyone New to Health and Safety
- Small to Medium Business Owners
- Return to Work Coordinators

MANUAL HANDLING

Program Sneak Peak

-  2 Hours
-  Every 3 Months
-  Customisable
-  Online Workshop
-  \$170 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

Pushing, lifting and/or pulling are all common causes of lower back injuries and a majority could have been prevented. This interactive workshop will teach you a basic understanding of the safe way to conduct the physical aspects of your day to day duties whilst presenting injury.

Key Focus Areas

- Identify what Manual Handling is and its Characteristics
- Recognise Manual Handling Hazards
- Identify How to Reduce the Risk of Injury Through Movement
- Apply Different Lifting, Pushing and Pulling Techniques
- Consequence and Rate of Injury Resulting in Poor Manual Handling






Who Should Attend

- Return to Work Coordinators
- Managers and supervisors
- Health and Safety Professionals
- People and Culture Team
- Executives
- Peer Support Staff



OCCUPATIONAL FATIGUE MANAGEMENT

Program Sneak Peak

-  2 Hours
-  Every 3 Months
-  Customisable
-  Online Workshop
-  \$170 pp
-  Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/health-safety-training-courses/>

Fatigue in a workplace setting is a state of mental and/or physical exhaustion which reduced a person's ability to perform work safely and effectively. Workers' fatigue is a significant problem in modern industry, largely because of high demand jobs, long duty periods, disruption of circadian rhythms, and accumulative sleep debt that are common in many industries. Fatigue is the end result of integration of multiple factors such as time awake, time of day, and workload. This workshop will teach attendees what they can do to manage fatigue in the workplace.

Key Focus Areas

- Factors that Contribute Towards Workplace Fatigue
- Consequences of Fatigue
- Ways to Manage Workplace Fatigue
- Hazard Identification in the Context of Workplace Fatigue
- Fatigue Factors Checklist

Who Should Attend

- Newly Nominated Health and Safety Representatives
- Existing Health and Safety Representatives
- Managers and Supervisors
- Health and Safety Managers
- Safety Officers
- Anyone New to Health and Safety
- Small to Medium Business Owners
- Return to Work Coordinators




Our Continuous Improvement courses are designed with a growth mindset underpinned by wellbeing science.

Professional development is centred on enhancing employees' knowledge and skill application. Our suite of offerings has something for everyone.

Based on a behavioural change model instead of process change, we believe that everyone has the capacity to learn and grow. Skills are built, and our programs are designed to create a lasting impactful that results in meaningful changes, improving employee engagement and inspiring employees to own their performance.

EMOTIONAL INTELLIGENCE (EI) FOR PEOPLE LEADERS


Program Sneak Peak


 Half Day

 Twice a year

 Customisable

 Flipped Online

 \$299 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

Studies have found that EI positively affects job performance, especially jobs that require a high level of social interaction. Leadership is driven by social interaction and enhanced through high-quality connections. Those high in EI have demonstrated highly effective leadership. Based on wellbeing science, this evidence informed course aims to enhance leadership attributes, including self-awareness, self-regulation, influence, empathy, and social skills.

Who Should Attend

- General Managers
- Executives
- Operational Supervisors
- Anyone New to Leadership
- People and Culture Team
- Those Aspiring to be a People Leader

Key Focus Areas

- Emotional Intelligence awareness
- Leadership Development
- Communication Skills and the Power to Comprehend Nonverbal Cues of Interaction
- Managing Emotions and Using Emotions to Influence Outcomes
- Resilience and Self-Confidence

CONFLICT RESOLUTION


Program Sneak Peak

 Half Day

 Twice a year

 Customisable

 Flipped Online

 \$299 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

A successful organisation is an engaged workforce equipped with effective communication abilities and the capacity to resolve conflict situations. This course aims to enhance participants' awareness of escalating conflict and introduces strategies and interventions that can help to deescalate conflict, using the situation as an opportunity to collaboratively seek solutions, solve problems and learn from the event.

Who Should Attend

- Return to Work Coordinators
- People Leaders
- People and Culture Team
- Anyone in Customer Facing Role
- All Employees will Benefit from this Training

Key Focus Areas

- The Opportunities Conflict Brings
- The Power of Self Awareness and Perception
- Utilising Communication Skills
- Techniques and Strategies to Manage Conflict

BUILDING CONFIDENCE TO MANAGE CHALLENGING BEHAVIOURS


Program Sneak Peak

 Half Day

 Twice a year

 Customisable

 Flipped Online

 \$249 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

Unlike generic conflict resolution courses, this program has been developed specifically for higher-risk work environments, employing a range of emotional and behavioural intelligence competencies. These environments attract an increased risk of threats to personal safety, incidents escalating, high degrees of volatility, increased levels of aggression or violence, customer or public criticism or complaint, and increased resistance.

Key Focus Areas


- What Are Challenging Behaviours
- Improving Our Awareness
- Steps to Take When Dealing with Challenging Behaviours
- Using Assertion to Manage Your Response to Challenging Behaviours

Who Should Attend

- Return to Work Coordinators
- Executives
- New Starters in the Industry
- People and Culture Team
- People Leaders
- Peer Support
- Employees Exposed to OVA or Managing Challenging People

HAVING DIFFICULT CONVERSATIONS


Program Sneak Peak

 Half Day

 Twice a year

 Customisable

 Flipped Online

 \$249 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

Conflict and challenging situations inevitably arise in all human interactions, especially in a workplace environment. However, there are ways to ensure that these situations and behaviours are effectively managed and navigated to minimise the consequence and maximise potential. This course will assist in developing excellent communication skills that can inform the approach in having challenging conversations.

Key Focus Areas

- Creating Opportunities through Conversations
- Harnessing our Self Awareness
- Improving our Perception
- Conversation Techniques
- Putting It into Action

Who Should Attend

- Executives
- Employees Who Regularly Engage in Difficult Conversations
- Supervisors
- People and Culture Team
- Return to Work Coordinators

LEADERSHIP DEVELOPMENT


Program Sneak Peak

 Half Day

 Twice a year

 Customisable

 *Flipped* Online

 \$329 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

Designed to make good leaders into inspiring leaders, this course focuses on using evidence informed framework to develop skills to facilitate better human connection that shape culture, improve employee engagement and performance.

Key Focus Areas


- Accepting your Role as a Leader
- Giving a Reason and Direction to your People
- Communicating Effectively as a Leader
- Performance Management Techniques
- Problem Solved: Decision Made

Who Should Attend

- People Leaders
- Operational Supervisors
- Business Owners
- People and Culture Team
- Return to Work Coordinators
- Executives
- Aspiring Leaders

PERFORMANCE MANAGEMENT TO ACHIEVE BETTER RESULTS


Program Sneak Peak

 Half Day

 Twice a year

 Customisable

 *Flipped* Online

 \$299 pp

 Also available in F2F

APPLY NOW

<https://workplaceinterventions.com.au/continuous-improvement-training/>

We are only as good as the people who work for us. Managing people's performance well is the key to enriching the experience at work and contributing to a more effective workplace.

This session will give participants the insight, awareness, and techniques to lead more effectively for those currently in a leadership position or new to a leadership role.

Key Focus Areas

- Understand the Difference Between Performance Management and Performance Appraisals
- How to Effectively Initiate a Conversation with Staff on their Performance
- Identify Underlying Causes of Performance Issues and Increase Employee Engagement
- Incorporate a "Growth" Feedback Model
- Maintain a Positive Workplace Environment

Who Should Attend

- People Leaders
- Operational Supervisors
- Business Owners
- People and Culture Team
- Return to Work Coordinators
- Executives



CONSULTING

The sky really is the limit. WorkPlace Interventions support businesses of all sizes, and identifying our client's needs is our speciality. With a reputation for delivering outcome-based services, our consulting solutions mean our clients receive the tailored support they need.

Consulting gives our client direct access to a team of experts who live and breathe OHS, Wellbeing, WorkCover, and Mental Health all day, every day. It's what we do. So whether the client needs to build an entire policy from scratch or refine procedures and processes, our consulting services can help them achieve the best results possible.

Think of us as an extension of your organization and your marketing team. We're here to fill knowledge gaps, lend our specialized expertise to your marketing efforts and produce better results for your campaigns.

Provided by experienced and qualified experts in the field, our consulting consists of either advisory or implementation services, including:

- Mental Health and Wellness Policy Gap Analysis/Needs Analysis
- Development of Mental Health and related Policies and Procedures
- Implementation of a Mental Health Climate Survey
- Mental Health Peer Framework Development
- Safety Gap Analysis
- Health and Safety Policy / Procedure Development
- Psychosocial Hazards and Risk
- High-Risk Role Review
- OHS Essentials (WSV funded) Free Health and Safety Consulting for Sm-Med Businesses
- Workers Compensation/ Return to Work Gap Analysis
- Workplace Rehabilitation Policy and Procedure Development
- Strategic Claims Review and/or Strategic Claims Management
- Injured Worker / Supervisor Toolkit Development
- Outsourced Return to Work
- Return to Work Task Library Development



Flagship Courses >45 minutes to Half Day

- Stress Aware and Self-Care
- Mental Health Fundamentals
- Mental Health Essentials for People Leaders
- Intro to Psychological First Aid in the Workplace
- Adv Psychological First Aid in the Workplace
- The Invisible Illness- Working through Anxiety
- Change Management- Working through Change
- Conflict Resolution in the Workplace
- Managing Workplace Stress and Anxiety
- Creating a Mentally Health Workplace
- OHS Fundamentals
- OHS Essentials for People Leaders
- Vicarious Trauma, Resilience and Self Care

Blast Courses <20 Minutes

- Developing a Self-Care Plan
- Workplace Wellbeing and Mindful Moments
- Becoming a Confident Leader
- Suicide Warning Signs
- Leadership Activities
- Communication Strategies
- Unconscious Bias
- Imposter Syndrome; What It Is and How to Overcome It.
- *Just in Time* RTW Training for Supervisors

e-Learning

Elearning empowers participants to study and work at their convenience. Course material is always accessible online. Study on your own time at your own pace.

WPI's vision is to empower people with knowledge by upskilling and educating staff through an evidence-based approach. We are renowned for delivering the highest level of education and training in our classrooms; we aim to combine our highly effective education and training with the power of eLearning.



MENTAL HEALTH FIRST AIDER & WELLBEING CHAMPION

Professional Development

More than the absence of disease or illness, wellbeing is fundamental to health and overall happiness. Research shows that having a strong and well-adapted sense of wellbeing helps employees overcome difficulties and achieve personal and professional goals. The evidence speaks for itself; fostering employee wellbeing is suitable for your people and good for the organisation.

'*Practice Groups*' are designed for those trained in MHFA to enable continuous skill development in applying mental health interventions and soft skill development. Importantly, Practice Groups recognise that reflection doesn't have to be about positive or successful experiences. It provides a space to explore when things don't go well and acknowledges that these times are key opportunities for learning and improvement.

Our signature '*Building Wellbeing*' program is a series of modules that will give participants a taste test of various strategies contributing to a person's wellbeing and resilience. Participants are equipped with key tools and techniques to help build a strong foundation for individual resilience.

This workshop series explores evidenced-based tools and strategies, recognising that we are all different and that not all things work for all people. The workshop enables participants to adopt one or many of the strategies discussed in the workshops allowing each person to find a key "go-to" strategy, which is a great place to start.

WPI engage three Master qualified Wellbeing Science Practitioners, so the opportunities to collaborate with and create tailored wellbeing programs are endless.



MENTAL HEALTH FRIENDS IGNITE (MHFI)

COMING SEPT 2023



*Driven by
informative
content and
member-sharing
opportunities.*

TOO COOL NOT TO SHARE,
MHFI ARE DOING THINGS
DIFFERENTLY.



Get ready to be inspired;

Mental Health Friends Ignite is the [wildcard](#) creating innovative and sustainable solutions. Driven by its members, Mental Health Friends Ignite is born from a passion and desire to create impactful, informative content and member-sharing opportunities that lead to a better world. After all, we want to build a better world for ourselves and the next generation and know we did our part.

Mental Health Friends Ignite is the breath of fresh air you have been waiting for, destined to ignite a community that positively impacts the lives of its members, including:

- Unconventional peer-driven forums for workplace networking and learning opportunities
- Complementary eLearning modules bimonthly (retail ave. \$150 per eLearn).
- Weekly content released; workplace templates, mental health blogs, educational video blogs and lived experience interviews.
- Live guest speakers and weekly drop-ins where you get access to one of our facilitators and to other members.
- Tried and tested -monthly practice workshops to support and develop the 'helping skills' of mental health first aiders, carers, peer support officers, HR, people managers, and wellbeing/OHS teams.
- Cassie's Corner- discover and share what you or your organisation can do to increase wellbeing and self-care.
- Stay Informed - monthly knowledge quiz on a range of mental health and wellbeing topics
- Igniter Challenge - authentically driven 'igniter lived experience' storyboard. Learn-share-inspire.





**GET IN
TOUCH**

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Thank You
WE LOOK FORWARD TO
WORKING
WITH YOU

