

Uplift Your Workforce



Organisational Wellbeing Workshop: Build Efficient, Engaged & Healthy Workplaces with Psychological Flexibility

For HR, OHS and Claims & Business Managers

Following a very successful launch in 2015, this workshop will now be delivered in 2016 in Sydney, Brisbane, Perth, Melbourne and Auckland!

Overview:

Research shows that workplace stress and mental health issues have a significant negative impact on both employee and organisational performance.

A supportive work environment builds resilience and helps employees through periods of economic and social stress.

Resilient people are able to 'bounce back' from stress and setbacks, and move confidently forward in turbulent times - remaining effective and productive.

Therefore, there is a real need for employers to provide safe and healthy work environments, regular health checks, and evidence-based approaches to developing healthy organisations.

Dr Natasha Lazareski (Kiso) is an occupational health specialist with more than 18 years of experience in personal insurance, workers' compensation and organizational health and wellbeing. Her workshops utilise the best practice, evidence-based models of psychosocial risk assessment and ACT (Acceptance and Commitment Training), to empower managers in creating flexible, healthy and engaged workplaces.

These interactive two-day workshops, co-created by Dr Russ Harris, a world expert in the ACT model, will not only demystify psychosocial risks, but also provide the tools to build and maintain a flexible, healthy workplace.

Learning Outcomes:

You will learn:

- The basis for a sustainable health and wellbeing approach
- To recognise potential psychosocial hazards in the workplace
- To understand resilience and the benefits of helping employees to develop it
- Tools and strategies to build and maintain a resilient, healthy workplace

Day One:

We will start with understanding psychosocial risks in the workplace and the key elements of a successful organisational health & wellbeing platform.

You will learn:

- Why it is difficult to create a healthy and happy work environment
- How to identify psychosocial hazards at work
- The importance of in-depth analysis of organisational risks and the 'Reality Gap'
- How to use health data and analytics to identify people at risk and adverse mental health trends
- The legal perspective on psychosocial risk
- How organisational change impacts the workforce
- The importance of a proper assessment of health risks in different stages of an employee's life

Day Two:

Develop and implement appropriate controls and a sustainable wellbeing framework.

You will learn:

- How to develop risk controls
- The importance of creating a psychologically flexible work environment
- What resilience is, and how to build it through psychological flexibility

Based on the scientifically-proven, best-practice resilience model, Acceptance and Commitment Training (ACT), this workshop will provide participants with a clear concept of what resilience is and how to build it.

These two days will be packed with practical activities, case studies and group exercises.

Case studies will include:

- Workplace analytics - obtaining and understanding data
- Risk profiling
- Creating appropriate risk-reduction controls
- Developing a sustainable wellbeing platform
- Understanding the life of the employee

Participant Feedback:

"This workshop was very helpful to get me thinking about my workplace and the potential we have to arrange wellbeing"

"Highly valuable for those who are involved in the implementation of mental health wellbeing intentions at the operational and strategic level"

"So valuable. Great insight on the impact on the organisation and the best way to implement change efficiently"

For further information about the co-creators of PysFlex, Dr Russ Harris and Dr Natasha Lazareski, please visit our website: www.psyflex.com.au

For workshop locations, dates, prices and to register, go to <http://psyflex.com.au/product-category/live-workshops/>