

2DAY

WORKSHOPS

FROM STRESS TO SUCCESS: THE SECRET OF RESILIENCE



The best leaders are those that are able to quickly adapt to challenges, support their teams both in times of ease and difficulty, and encourage others to do the same. With today's ever-changing economy, the ability to maintain focus on difficult task and take effective action, (or refrain from taking in effective action) is essential.

Many workplace resilience programs (or 'stress management' programs) are simply teaching what resilience and mental health are.

PsyFlex Resilience training is the only program based on proven scientific research and developed by medical experts in this area. It builds resilience skills that you can practice as soon as you leave the classroom.

THIS RESILIENCE WORKSHOP WILL ENABLE YOU TO DEVELOP PSYCHOLOGICAL FLEXIBILITY AND BECOME MORE SUCCESSFUL IN:

RESPONDING QUICKLY TO OPPORTUNITIES AS THEY ARISE

DEALING WITH DIFFICULT SITUATIONS, DIFFICULT FEELINGS, AND DIFFICULT PEOPLE

TAKING EFFECTIVE VALUES-GUIDED ACTION, REGARDLESS OF YOUR FEARS OR SELF-DOUBT

BUILDING HEALTHY RELATIONSHIPS AND EFFECTIVELY HANDLING CONFLICT AT WORK AND HOME



PARTICIPANTS' FEEDBACK

"This was excellent. Loved the model, it is simple and makes sense."

Joanna, Senior Manager NSW

"I found it very valuable to learn approaches that will allow me to step back before taking action"

Stephen, Senior Manager VIC

"I really liked the values focus of the 'Choice Point'. Excellent Session"

Sharon, Manager VIC

"So valuable! Great insight in psychosocial risks and impact on organizational culture."

William, HSW Manager VIC

"I really enjoyed this session. Great depth of knowledge and very engaging"

Phill, HR Manager New Zealand



THE CUTTING EDGE IN WORKPLACE WELLBEING AND RESILIENCE

2DAY

WORKSHOPS

BEYOND TRADITIONAL WELLBEING: THE SUSTAINABLE THRIVING WORKPLACE



This workshop is a 'must have' for any organisation that wishes to enhance employee engagement, improve workplace wellbeing, and reduce absenteeism and workplace injuries.

Organisations are systems that continuously change and evolve; therefore a successful health and wellbeing approach should be strategic, flexible and adjustable.

We are expanding on the usual linear approach to the workplace health by developing risk-based, strategic, multi-layered, sustainable health and wellbeing frameworks.

Our workshop delivers a cutting edge, evidence-based, practical and strategic approach to managing psychosocial risk in the workplace and developing a healthy, engaged and committed workforce.

BASED ON THE BEST-PRACTICE PRINCIPALS, THIS WORKSHOP WILL ENABLE YOU TO:

UNDERSTAND EFFICIENT AND SUSTAINABLE WELLBEING FRAMEWORKS, AND HOW TO BUILD THEM

LEARN THE SIGNIFICANCE OF DEVELOPING PSYCHOLOGICAL RESILIENCE IN THE WORKPLACE



DISCOVER BEST PRACTICE APPROACH TO IDENTIFYING AND MANAGING PSYCHOSOCIAL RISKS IN THE WORK ENVIRONMENT

UNDERSTAND IMPORTANCE OF AN HOLISTIC, STRUCTURED APPROACH TO DEVELOPING CONTROLS

IN THESE 2 DAYS YOU WILL LEARN

THE BASIS FOR A SUSTAINABLE HEALTH AND WELLBEING APPROACH

TO EFFECTIVELY EVALUATE PSYCHOSOCIAL RISKS IN THE WORKPLACE

TO DEVELOP PSYCHOLOGICAL RESILIENCE IN YOURSELF AND SUPPORT IT IN OTHERS

TO IMPLEMENT TOOLS AND STRATEGIES THAT BUILD AND MAINTAIN A RESILIENT, HEALTHY WORKPLACE



0421 499 976



natasha@psyflex.com.au

PsyFlex



psyflex.com.au



PsyFlex



PsyFlex

THE CUTTING EDGE IN WORKPLACE WELLBEING AND RESILIENCE

2DAY

WORKSHOPS

Presenter: Dr Natasha Lazareski (Kiso), co-director of PsyFlex Pty Ltd, is an occupational health doctor with many years of experience and expert knowledge in the fields of workers' compensation, strategic risk management and organisational health. Natasha helps governments, employers and insurers to develop, implement and sustain best practise strategic health programs.

DAY 1 DETAILED OUTLINE

Developed by Dr Russ Harris and Dr Natasha Lazareski this engaging and interactive workshop is based on the scientifically-proven, best-practice resilience model, Acceptance and Commitment Training (ACT).

9:00 am What is resilience, and how do we develop it? What is 'Psychological flexibility' – and how does it build resilience, reduce stress, increase life satisfaction, enhance relationships, and improve performance?

11:00 am Morning Tea

11:30 am Developing self-awareness and awareness of others.

12:15 pm Assess your own level of psychological flexibility. Link between psychological flexibility and workplace behaviour. Practical application to your everyday challenges.

1:30 pm Lunch Break

2:00 pm Link between stress levels and lack of resilience? How to deal with challenging situations and people. Applying 'The Choice Point'

3:00 pm Afternoon tea

3:15 pm Develop your resilience action plan. Move from FEAR to DARE.

4:30 pm Closing

DAY 2 DETAILED OUTLINE

Industry experts will provide practical understanding of psychosocial risks in the workplace and how to establish successful organisational health and wellbeing platforms.

9:00 am Coffee – Registration

9:15 am Welcome

9:20 am Why is it so difficult to create a healthy and happy work environment?

10:30 am Understanding organisational risks and developing sustainable wellbeing model.

11:00 am Morning tea

11:30 am Moving form out-dated intervention focused approach to strategic and sustainable well-being. Building organisational commitment.

12:30 pm The psychosocial risks demystified.

1:00 pm Lunch Break

1:30 pm Organisational risks – importance of defining psychosocial risk.

2:00 pm Understanding mental health trends. Early identification and supportive intervention for individuals at risk.

2:30 pm Human Capital Risk Management. Ageing Workforce

3:00 pm Afternoon tea

3:30 pm Developing Risk Controls. Importance of creating 'Psychologically Flexible' work Environment

4:30 pm Closing

17th
October 2016
ADELAIDE

14th & 15th
November 2016
MELBOURNE

1st & 2nd
December 2016
PERTH

