



Dr Russ Harris - Director

Medical practitioner and psychotherapist, Russ is the author of the highly acclaimed international best-seller, 'The Happiness Trap', a groundbreaking personal development book based on Acceptance and Commitment Training (ACT), a scientifically proven, mindfulness based approach.

He is a world expert on mindfulness and has personally trained over 20 000 health professionals in the ACT model. Amongst other projects, he recently developed a resilience program for the World Health Organisation, to be used in third world, war torn countries and refugee camps.



Dr Natasha Lazareski (Kiso) - Director

An occupational health doctor with over 20 years experience in occupational health and safety, workers' compensation, strategic psychosocial risk management and injury prevention, Natasha brings an innovative approach to organisational health and wellbeing.

Natasha helps organisations develop efficient and sustainable health frameworks. She facilitates the development of workforces committed to achieving the best results in safe work environments. to life challenges.

OUR PROGRAM

We are committed to excellence and dedicated to providing the best possible solutions for our clients' challenges. We deliver workplace training programs that are simple, user-friendly, innovative, inspiring and above all intensely practical and easy to implement.

Our evidence-based approach is authentic and practical, a 'best practice' model that continually evolves in line with the latest research. We measure outcomes and consistently evaluate our programs to ensure we provide our clients with the best possible solutions.

Our specialty is interactive online training. We have a range of online programs, which we can tailor to deliver effective training to any work place at any time.



PsyFlex

RESILIENCE AT WORK

Creating a Flexible Workplace

UPLIFT YOUR WORKFORCE



INCREASE ENGAGEMENT

IMPROVE PERFORMANCE

CREATE COMMITMENT

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BEST PRACTICE, EVIDENCE BASED APPROACH

Recent research in clinical psychology shows that a wide range of psychological and behavioral problems diminish as people become more psychologically flexible. Psychological flexibility is pivotal for the creation of nurturing workplace environments that increase engagement, improve performance and promote wellbeing.

Research shows that higher levels of psychological flexibility enable people to cope effectively with diverse challenges in their lives.

Psychological flexibility leads to:

- ✓ Increased engagement
- ✓ Higher emotional intelligence
- ✓ Healthier relationships
- ✓ Improved performance
- ✓ Reduced absenteeism
- ✓ Lowered levels of stress and anxiety
- ✓ Less risk of depression or addiction
- ✓ Improved physical health
- ✓ Greater confidence, and
- ✓ Overall more happiness and vitality



WHAT IS RESILIENCE?

Resilience is the ability to initiate and sustain values-guided action, and engage fully in life, through times of both ease and difficulty, through periods of both stress and calm.



WHAT IS PSYCHOLOGICAL FLEXIBILITY?

Psychological flexibility is the ability to take effective action guided by your values with awareness, openness and focus.

**THE HIGHER OUR LEVEL OF PSYCHOLOGICAL FLEXIBILITY,
THE GREATER OUR RESILIENCE**

BUILDING RESILIENCE THROUGH PSYCHOLOGICAL FLEXIBILITY

TRAINING SOLUTIONS

Workshops for Managers, OHS, HR, RTW and Claims Professionals
Our interactive one-day workshops not only help participants to understand psychological health risks at work, but also provide the tools to build and maintain a flexible, healthy workplace.

Participants will gain:

- ✓ A practical understanding of psychosocial risks in the workplace and how to build controls
- ✓ A clear concept of what resilience is and how to build it
- ✓ In-depth knowledge about psychological flexibility and how it underpins resilience
- ✓ Practical tools and techniques to effectively build psychological flexibility, in order to increase wellbeing and productivity at both an individual and organisational level

ONLINE TRAINING

Easy to use in any environment, this training provides participants with a comprehensive grounding in 'psychological flexibility', to help them build resilience, reduce stress, increase life satisfaction, enhance relationships, and improve performance.

This training helps people to clarify personal values, translate them into effective action plans, and develop mindfulness skills. This will enable them to develop practical problem-solving strategies and efficiently handle both everyday challenges and unexpected crises.

TAILORED TRAINING SOLUTIONS

We have a range of tailored, face-to-face and online training packages to address issues such as:

- ✓ Dealing with bullying and harassment
- ✓ Difficult Conversations
- ✓ From FEAR to DARE
- ✓ Dealing with trauma
- ✓ 'Breaking bad habits' - Dealing with addiction
- ✓ Dealing with sleep disorders
- ✓ Dealing with chronic pain

For more information regarding specific training for our workplace, please contact:
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