

# Workforce Mental Health Strategies for Managers & Leaders

30 Nov | 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

30 NOV | 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 organisation-wide 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

5 - 9 Attendees

**10%**

10 - 14 Attendees

**20%**

15 - 19 Attendees

**25%**

20+ Attendees

**30%**

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