

# Mental Health & Resilience for Personal Wellbeing & Performance

4 Dec | Online



## Psychological skills training for professionals and teams

- Understand the psychology of change, and how you respond to uncertainty in the Public Sector
- Explore its ongoing impact on the workplace, and in your personal life
- Understand the five key domains that influence your behaviour in social situations
- Establish a regular self-care routine for yourself, both in and out of work

### THE AGENDA

#### Workshop

4 DEC | 9:00 - 4:30

- Anxiety and stress - How we respond to uncertainty
- Using neuroscience to work more effectively with others
- Mental health for individuals and employees
- Psychological Skills for the workplace

### 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

3 - 4 Attendees

**10%**

5 - 7 Attendees

**15%**

8 - 9 Attendees

**20%**

10+ Attendees

**25%**

### BOOK NOW AND SAVE

Rapid Action

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Ends 8 Sep

Value Plus

**Save \$300**

Ends 29 Sep

Super Saver

**Save \$200**

Ends 13 Oct

Early Bird

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Ends 3 Nov

