

Public Sector Mental Health & Resilience for Personal Wellbeing & Performance *Workshop*

1 May | 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

1 MAY | 9:00 - 4:30

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

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

20%

8 - 9 Attendees

25%

10+ Attendees

30%

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Registration Information

Organisation Name

Address Suburb State Postcode

Booking Contact Information

Title Full Name Position Email Phone

Delegate Information

#	Title	Full Name or TBA	Position	Email
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Pricing

Ends 12 Jan Rapid Action Save \$500 \$999 +gst = \$1098.90	Ends 7 Feb Value Plus Save \$300 \$1199 +gst = \$1318.90	Ends 1 Mar Super Saver Save \$200 \$1299 +gst = \$1428.90	Ends 29 Mar Early Bird Save \$100 \$1399 +gst = \$1538.90	Standard Rate \$1499 +gst = \$1648.90		
GROUP DISCOUNTS	3 - 4 attendees 10%	5 - 7 attendees 20%	8 - 9 attendees 25%	10+ attendees 30%	No. of Attendees	Total incl. GST

Conditions: Group Discounts apply for bookings made simultaneously. Only one discount applies. Group discounts apply to standard rates only. Group discounts are not applicable to Rapid Action, Value Plus, Super Saver and Early Bird rates. Discounts cannot be applied retrospectively and must be claimed at the time of booking. Liquid Learning Group reserves the right to have sole discretion on an organisation's eligibility for discounts.
Note: All prices listed in Australian Dollars. Course materials included. Registration Options are per person only.

Payment Details

Payment is required prior to attending this event

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Cheque (payable to Liquid Learning Group Pty Ltd)

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