

# MENTAL HEALTH & RESILIENCE FOR PERSONAL WELLBEING & PERFORMANCE

PSYCHOLOGICAL SKILLS TRAINING  
FOR PROFESSIONALS AND TEAMS

29 - 30  
MARCH 2021

ONLINE DELIVERY

## EXPLORE

- ▶ Understand the psychology of change, and how you respond to uncertainty
- ▶ Explore its ongoing impact on the workplace, and in your personal life
- ▶ Understand the five key domains that influence your behavior in social situations
- ▶ Strategies for regulating panic reactions, and maximising positive feelings
- ▶ Establish a regular self-care routine for yourself, both in and out of work
- ▶ Encouraging positive well-being behaviours during isolation and different return-to-work scenarios
- ▶ Embedding self-care practices in the workplace (virtual and physical)

## EXPERT FACILITATOR



**Melissa Harries**  
Principal Psychologist  
Mindset Psychology

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## ABOUT THE EVENT

2020 proved to be the year of disruption and uncertainty, almost overnight the social landscape of the workplace changed. While we've all worked to adapt to the so-called 'new normal', a combination of the sudden change and environmental pressures have undeniably taken a toll and the full impact on workplace mental health is yet to be seen. Whether it's coming to grips with returning to the office, still working remotely or in dispersed, digital teams or dealing with the loss of colleagues and friends all these factors are affecting our mental health.

Even if you feel you've adjusted to the short-term effects, we now find ourselves facing the long-term impacts of this change. As we continue to adapt to disruptions, feelings of stress and anxiety continue to rise, and it has never been more critical that you possess the psychological skills to effectively manage your mental health and well-being.

Psychologist and workplace mental health expert Melissa Harries has supported the development of psychologically safe workplaces and mentally healthy teams across all industries. Over two half-day sessions, Melissa will equip you with the skills and knowledge to better understand and manage your own mental health and well-being, and also to help support those around you. Deepen your understanding of anxiety, stress, and depression, and acquire skills to boost your resilience and optimise performance during times of disruption.

## YOUR FACILITATOR

Melissa's mission is to enable organisations and individuals to develop the skills to enhance mental health and wellbeing. She encourages a proactive and effective response to any and all of life's demands, regardless of how challenging they may be.



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Mindset Psychology

## DAY ONE

11:00AM - 2:00PM | SESSION ONE

### **Anxiety and change - How we respond to uncertainty**

- ▶ Explore the nature and cause of anxiety in the context of crisis
- ▶ Understand the psychology of change, and how you respond to uncertainty
- ▶ Explore its ongoing impact on the workplace, and in your personal life
- ▶ What is the psychological impact of working in dispersed, remote and reduced teams?
- ▶ Mapping your unique stress signature

### **Using neuroscience to work more effectively with others**

- ▶ Understand the five key domains that influence your behavior in social situations
- ▶ Strategies for regulating panic reactions, and maximising positive feelings
- ▶ How to maximise your sense of connection and cohesion in digital and dispersed teams

## DAY TWO

11:00AM - 2:00PM | SESSION TWO

### **Mental health for individuals and employees**

- ▶ Identify warning signs in yourself and your team-members
- ▶ Managing your own well-being and being available to support your colleagues
- ▶ Communication techniques for building rapport and empathetic understanding
- ▶ Practical strategies for supporting anxious colleagues, friends or family

### **Psychological Skills**

- ▶ Understanding the function of emotions and what a healthy emotional life looks like
- ▶ Practical psychological strategies to change unhelpful thoughts and to switch off from worry
- ▶ Practice emotion regulation skills

## WHO WILL ATTEND

Anyone seeking to better understand and manage their own mental health and well-being, and better support their peers, friends, families, or teams

