

MENTAL HEALTH & RESILIENCE FOR PERSONAL WELLBEING & PERFORMANCE

SUPPORT THE HEALTH AND WELL-BEING OF
YOUR TEAMS, YOUR AGENCY, AND YOURSELF
THROUGH DISRUPTION AND UNCERTAINTY



22 MARCH

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 behaviour in social situations
- ▶ Establish a regular self-care routine for yourself, both in and out of work (virtual and physical)

EXPERT FACILITATOR



Melissa Harries
Principal Psychologist
Mindset Psychology

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ABOUT THE EVENT

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. 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.

Melissa founded Mindset Psychology (originally Mindset Abilities) in 2012 after noticing a lack preventative training in mental health and resilience in civilian workplaces. This was a big part of her role in the Army and she believed that all types of workplaces could benefit from proactive interventions to improve employee wellbeing. Australian organisations respond to mental health concerns really well once problems become emergencies. However, there is room for improvement when looking at prevention and early intervention.

Melissa discharged from the full-time Army (ARA) as the Officer in Charge of a Mental Health and Psychology Section responsible for the command, management and day-to-day running of a 6-man military mental health unit, which supported 1,200 soldiers.



Melissa Harries
Principal Psychologist
Mindset Psychology

DAY 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 behaviour in social situations
- ▶ Strategies for regulating panic reactions, and maximising positive feelings
- ▶ How to maximise your sense of connection and cohesion in digital teams

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

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Mental Health & Resilience for Personal Wellbeing & Performance

22 March 2022 | Online Delivery

Booking Form

Event Reference: PSMH0322A - O
Priority Code: I

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Organisation Name

Address Suburb State Postcode

Booking Contact Information

Title Full Name Position Email Phone

Delegate Information

Title Full Name or TBA Position Email

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Your Investment

Options (per person)

Options (per person)	Rapid Action Rate Register and pay by 17 November	Value Plus Rate Register and pay by 24 December	Super Saver Rate Register and pay by 27 January	Early Bird Rate Register and pay by 17 February	Standard Rate
Qty Workshop	\$995 + GST = (\$1094.50)	\$1195 + GST = (\$1314.50)	\$1295 + GST = (\$1424.50)	\$1395 + GST = (\$1534.50)	\$1495 + GST = (\$1644.50)
Discounted off standard rates :	Save up to \$500	Save up to \$300	Save up to \$200	Save up to \$100	All Prices listed in Australian Dollars

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