

COVID-19 Remote
Management Series:

Workforce Mental Health Strategies for Managers & Leaders

Support the health and wellbeing
of your teams, your organisation,
and yourself through the
challenges of COVID-19



11 - 12
MARCH 2021

ONLINE DELIVERY

EXPLORE

- ▶ Understand the nature of anxiety in crisis contexts
- ▶ Exploring its impact on the workplace, and at personal, environmental, and systemic levels
- ▶ Examining the psychology of change
- ▶ Explore the psychological impact of altered and dispersed working arrangements, and working in reduced teams
- ▶ Prepare for behavioural variations in response to crisis and implement support strategies
- ▶ Identifying red flags in staff (how well are they really coping)
- ▶ Develop good personal mental health practices to ensure your own well-being
- ▶ Encouraging positive well-being behaviours to build organisation-wide resilience

EXPERT FACILITATOR



Melissa Harries
Principal Psychologist
Mindset Psychology

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ABOUT THE EVENT

As a leader, you are the caretaker of your team professionally, and in this climate their professional well-being will depend heavily on their personal well-being. Your capacity to support their well-being depends on your ability to maintain your own mental health. 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 mornings Melissa will equip you with the skills and knowledge to ensure the health and well-being of your teams through complex and challenging times.

Deepen your understanding of anxiety, stress, and depression, and acquire skills to respond to and support the needs of your team and yourself to boost your resilience and maximise your potential to step up as a stronger leader with a stronger team.

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

WHO WILL ATTEND?

Leaders and managers, especially those working with home-working, reduced or dispersed teams.

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

Anxiety and change - Supporting the wellbeing of staff during disruptive times

- ▶ Understanding the nature and cause of anxiety in the context of crisis
- ▶ Exploring its impact on the workplace, and at personal, environmental, and systemic levels
- ▶ Examining the psychology of change

Know what to expect as work continues to change

- ▶ Understanding the psychological impact of working in dispersed, remote and reduced teams
- ▶ Facilitating connection and cohesion in digital teams
- ▶ Responding to team member “survivor guilt”
- ▶ Communication techniques for empathetic understanding
- ▶ How to discuss the big topics like redundancy, death and illness

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

Mental health for managers - Support your team and your organisation

- ▶ Identifying red flags in staff (how well are they really coping)
- ▶ Broaching the topic of mental health with staff
- ▶ Understanding referral options and the manager’s ongoing support role
- ▶ Responding to anxious workers

Self-care - Helping to build organisation-wide resilience

- ▶ Establishing a regular self-care routine for yourself to ensure stable leadership
- ▶ Encouraging positive well-being behaviours during different dispersed working and return-to-work scenarios
- ▶ Embedding self-care practices in the workplace (virtual and physical) to support the mental health for your team

