## Public Sector 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

## 10 - 11 JUNE 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

book before 28 january, save \$400

VIRTUAL EVENT Attend from anywhere!

### START YOUR LEADERSHIP JOURNEY! Call +61 2 8239 9711 Priority Code - I



### 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 returnto-work scenarios
- Embedding self-care practices in the workplace (virtual and physical) to support the mental health for your team

#### Public Sector Workforce Mental Health Strategies for Managers & Leaders

#### 10 - 11 June 2021

#### **Online Delivery**

## **Booking Form**

Event Reference: WMHC0621A - O Priority Code: I

| i     | i Registration Information  |                   |             |                |  |  |  |
|-------|-----------------------------|-------------------|-------------|----------------|--|--|--|
| Org   | Organisation Name           |                   |             |                |  |  |  |
| Ado   | dress                       |                   | Suburb      | State Postcode |  |  |  |
| Boo   | Booking Contact Information |                   |             |                |  |  |  |
| Title | Ð                           | Full Name Pos     | ition Email | Phone          |  |  |  |
| E     | Del                         | egate Information |             |                |  |  |  |
| #     | Title                       | Full Name or TBA  | Position    | Email          |  |  |  |
| 1     |                             |                   |             |                |  |  |  |
| 2     |                             |                   |             |                |  |  |  |
| 3     |                             |                   |             |                |  |  |  |
| 4     |                             |                   |             |                |  |  |  |
| 5     |                             |                   |             |                |  |  |  |
| 6     |                             |                   |             |                |  |  |  |
| 7     |                             |                   |             |                |  |  |  |
| 8     |                             |                   |             |                |  |  |  |
| 9     |                             |                   |             |                |  |  |  |

Your Investmen

10

|                        | <u> </u>                         |  |                                   |   |   |                                       |   |  |                   |  |  |
|------------------------|----------------------------------|--|-----------------------------------|---|---|---------------------------------------|---|--|-------------------|--|--|
| Opti<br><sub>Qty</sub> | i <b>ons</b> (per per            | s (per person) Rapid Action I<br>Register and pa<br>28 January |                                   | ster and pay by   | Value Plus Rate<br>Register and pay by<br>18 February |                                       | Super Saver Rate<br>Register and pay by<br>24 March | Early Bird Rate<br>Register and pay by<br>29 April |                   | Standard Rate                              |  |
|                        | Workshop                         |  | \$995 +                           | GST = (\$1094.50)                                       | \$1195 + GST =  | (\$1314.50)                           | \$1295 + GST = (\$1424.50)                          | \$1395 + GST = (\$1534                             | .50)              | \$1495 + GST = (\$1644.50)                 |  |
| Disco                  | unted off standarc               | l rates :  | Save                              | e up to \$400   | Save up t   | o \$300                               | Save up to \$200                                    |  |                   | All Prices listed in<br>Australian Dollars |  |
|                        | Group<br>Discounts<br>Available: | Stand  | 9% off<br>lard Rate<br>n of 3 - 4 | <b>15% off</b><br><b>Standard Rate</b><br>Team of 5 - 7 | 20% off<br>Standard Rate<br>Team of 8 - 9             | 25% off<br>Standard Ra<br>Team of 10+ |   |  | TOTAL<br>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 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: Course materials, refreshments & lunches are included. Travel and accommodation are NOT included. Registration Options are per person only.

| Payment Details   |  |   |   |  |
|---|--|---|---|--|
| Credit Card   | Credit Card Details - Please charge my credit card f<br>Card Type Visa MasterCard Americ | for this registration:<br>can Express       | Electronic Funds Transfer (EFT)<br>Please transfer funds directly to:<br>Westpac Account Name: Liquid |  |
| Cheque (payable to Liquid Learning Group Pty Ltd)                         | Note: 2% surcharge applies to American Express p   | Learning Group Pty Ltd<br>BSB: 032 002      |   |  |
| <ul> <li>Electronic Funds Transfer</li> <li>Please invoice me:</li> </ul> | Card Number  | Account No: 407 273<br>SWIFT Code: WPACAU2S |   |  |
| Purchase Order No. #  | CVV Full Name as on card   | Amount                                      |   |  |
|   | Cardholder's Contact Number  | Signature<br>X                              | Please quote ref WMHC0621A - O<br>and registrant name   |  |
| Ø Authority   |  | Authorising Manager's Details: T            | his registration is invalid without a signature   |  |
| Name  | Position   | Phone                                       |   |  |
| Email   |  | Signature                                   | Date  |  |

#### Email this form to: registration@liquidlearning.com.au or Call us on: +61 2 8239 9711

Registration Policy If you are unable to attend this event, you may send a substitute delegate in your place at no additional cost. Please advise us of any substitutions as soon as possible. Alternatively, you may transfer your registration to another event run by Liquid Learning Group Pty Ltd. A10% service fee may apply. By confirming your registration you commit to pay the registration investment in full. Should you wish to cancel your registration, please notify us in writing as soon as possible and a credit note will be issued valid for use towards any future event held by Liquid Learning Group Pty Ltd in the twelve months following the date of issuance. Cancellation notifications received less than 14 days from the event running will receive a credit note to the value of the registration fee less a service fee of \$400 plus GST. Liquid Learning Group Pty Ltd does not provide refunds for cancellation. If your invoice is yet to be paid and you wish to cancel, payment must be processed and a credit note will be issued following receipt. The prices above are based on one person per registration. It is not possible for multiple people to attend within any day of the event on a single registration. Split tickets, i.e. a different person attending each day of the event, can be arranged. A fee will apply. Please call us for details. substitute delegate in your place at no additional cost. Please advise us of

Liquid Learning Group Pty Ltd takes all care to produce high quality events that deliver as promised. All advertised details are correct at time of publishing. However, when circumstances beyond our control prevail, of publishing. However, when circumstances beyond our control prevail, we reserve the right to change program content, facilitators or venues. We also reserve the right to cancel or reschedule events if circumstances arise whereby performance of the event is no longer feasible, possible or legal. Liquid Learning Group Pty Ltd will not be responsible for any loss or damage arising from any changes to or cancelling or rescheduling of an event. If an event is cancelled or rescheduled, Liquid Learning Group Pty Ltd will make every effort to contact every registered delegate; if an event is cancelled or you are unable to attend the rescheduled event you will be issued with a credit note valid for use towards any future Liquid Learning Group Pty Ltd event held in the twelve months following date of issuance.

Disclaimer Liquid Learning Group Pty Ltd has taken due care in selecting qualified professionals as its authors and course facilitators. The information provided by course facilitators is not produced by Liquid Learning Group Pty Ltd and should not be regarded as advice. Liquid Learning Group Pty Ltd

accepts no responsibility for reliance on such information and recommends that its clients seek further professional advice.

Privacy Statement Liquid Learning Group Pty Ltd is committed to your Privacy. All information collected on this registration will be held in the strictest of confidence and in accordance with the Privacy Act 1988. Liquid Learning Group Pty Ltd will add your information to a secure database. This will be used primarily to contact you for ongoing research, product development and notice of future events and services offered by Liquid Learning Group Pty Ltd. Occasionally you may receive information for morganisations associated with Liquid Learning Group Pty Ltd. If you do not wish to receive such information please tick this how: please tick this box:

To update or have your details deleted please advise our Database team at Level 9, 80 Clarence Street, Sydney NSW 2000, PH: +61 2 8239 9700, email: database@liquidlearning.com.au

© 2021 Liquid Learning Group Pty Ltd ACN 108 415 354