

WORKFORCE MENTAL HEALTH STRATEGIES FOR MANAGERS & LEADERS

Support the health and well-being of your teams, your organisation, and yourself

19 JULY 2022

- ▶ Understand the nature of stress and anxiety
- ▶ Review your workplace psychological safety
- ▶ Build a wellbeing framework to support employee mental health
- ▶ Develop good personal mental health practices for individuals and workplaces to ensure well-being

EXPERT FACILITATOR



Melissa Harries
Principal Psychologist
Mindset Psychology

BOOK
BEFORE
13 MAY,
SAVE
\$500



VIRTUAL EVENT

Attend from anywhere!

START YOUR LEADERSHIP JOURNEY!

Call +61 2 8239 9711 Priority Code - 1



LIQUIDLEARNING
bebetter

ABOUT THE EVENT

As a leader, it is imperative that you have a sound understanding of mental health relative to the workplace. You play a pivotal role in fostering a long term commitment to drive and maintain initiatives that create a mentally healthy workplace, for the benefit of your employees. Psychologist and workplace mental health expert Melissa Harries has supported the development of psychologically safe workplaces and mentally healthy teams across all industries.

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.

Group Discounts Available!



**25% off
Standard Rate**
Team of 10+



**20% off
Standard Rate**
Team of 8 - 9



**15% off
Standard Rate**
Team of 5 - 7



**10% off
Standard Rate**
Team of 3 - 4

DAY ONE

Anxiety, stress and our response

- ▶ Understanding the nature and cause of anxiety and stress at work
- ▶ Examining and evaluating wellbeing
- ▶ Mapping stress signatures

Psychological safety at work

- ▶ Understanding legal obligations for a psychologically safe work environment
- ▶ A multilevel approach to preventing mental illness at work
- ▶ Understanding psychological hazards
- ▶ A wellbeing framework to support employee mental health

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 to support the mental health of your 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

Workforce Mental Health Strategies for Managers & Leaders

19 July 2022

Online Delivery

Booking Form

Event Reference: WMHC0722A - O

Priority Code: I



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				



Your Investment

Options (per person)

Options	Rapid Action Rate Register and pay by 13 May	Value Plus Rate Register and pay by 26 May	Super Saver Rate Register and pay by 7 June	Early Bird Rate Register and pay by 23 June	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

Group Discounts Available:	10% off Standard Rate Team of 3 - 4	15% off Standard Rate Team of 5 - 7	20% off Standard Rate Team of 8 - 9	25% off Standard Rate Team of 10 +
----------------------------	--	--	--	---

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 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 included. Registration Options are per person only.



Payment Details

Payment is required prior to attending this event.

- Credit Card
- Cheque (payable to Liquid Learning Group Pty Ltd)
- Electronic Funds Transfer
- Please invoice me:
- Purchase Order No. #

Credit Card Details - Please charge my credit card for this registration:

Card Type Visa MasterCard American Express

Note: 2% surcharge applies to American Express payments

Card Number Expiry /

CVV Full Name as on card

Cardholder's Contact Number

Signature

X

Electronic Funds Transfer (EFT)

Please transfer funds directly to:

Westpac Account Name: Liquid Learning Group Pty Ltd

BSB: 032 002

Account No: 407 273

SWIFT Code: WPAU228

Amount

Please quote ref WMHC0722A - O and registrant name



Authority

Authorising Manager's Details: This registration is invalid without a signature

Name Position Phone

Email Signature Date

X

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. A 10% 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.

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, we reserve the right to change program content, facilitators or venues. We also reserve the right to cancel, reschedule or alter event delivery from physical to virtual if circumstances arise whereby performance of the event is no longer feasible or legal. Liquid Learning Group Pty Ltd will not be responsible for any loss or damage arising from any changes to, cancellation, 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 from organisations associated with Liquid Learning Group Pty Ltd. If you do not wish to receive such information please advise a Liquid Learning representative.

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

© 2022 Liquid Learning Group Pty Ltd ACN 108 415 354