

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



25 - 26
NOVEMBER
ONLINE DELIVERY

EXPLORE

- ▶ Understand the nature of anxiety in crisis contexts such as COVID-19
- ▶ Explore the psychological impact of remote working, and working in reduced teams
- ▶ Prepare for behavioural variations in response to crisis and implement support strategies
- ▶ Develop good personal mental health practices to ensure your own well-being

EXPERT FACILITATOR



Melissa Harries
Principal Psychologist
Mindset Psychology

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ABOUT THE EVENT

These are unprecedented times, and the full impact on workplace mental health is yet to be seen. The social landscape of the workplace is changing at lightning speed, and remaining workers are coming to grips with the loss of colleagues and friends to redundancies and stand-downs, and working in relative or total isolation. Outside the office (or the home-office), their opportunities to meet their basic human needs for interaction are dwindling, and feelings of loneliness, hopelessness, stress and anxiety are spiking. No doubt, you may be feeling these things too.

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 this difficult time.

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 emerge from the current health crisis 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.



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SESSION ONE

11:00AM - 2:00PM | 25 NOVEMBER 2020

Anxiety and change - Supporting the wellbeing of staff during Covid-19 (and beyond)

- ▶ 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

SESSION TWO

11:00AM - 2:00PM | 26 NOVEMBER 2020

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 isolation and different return-to-work scenarios
- ▶ Embedding self-care practices in the workplace (virtual and physical) to support the mental health for your team

WHO WILL ATTEND?

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

