

SafeMinds Training Overview

Mental Health Awareness



Topic	Overview	Learning outcomes	For Whom?	Duration
Mental Health Awareness	An overview of mental health versus mental illness in the workplace, including positive and proactive strategies to manage individual mental health and support others at work.	<ul style="list-style-type: none">Recognise common signs and symptoms of mental illnessUnderstand mental health promotion strategiesDevelop skills to have a conversation to support someone	Employees Managers Leaders	2.5 hours
Psychological Injuries: Prevention and Management	This workshop explores prevention strategies, early identification and support for primary or secondary psychological injuries.	<ul style="list-style-type: none">Understand strategies to identify and mitigate workplace psychosocial riskDefine common psychological injuriesUnderstand treatment and rehabilitation approaches for psychological injuries	Managers Leaders RTW Coordinators Claims Managers	2.5 – 3 hours
Resilience and Mental Toughness at Work	Mental Toughness is a trait that determines how individuals deal with stress, pressure and challenge, irrespective of circumstances. Mentally Tough individuals naturally take on a positive 'growth-mindset' viewing adversity as an opportunity, rather than a threat. Research suggests that this has been associated with greater success in various fields including sport, education and the workplace.	<ul style="list-style-type: none">Define resilience and mental toughnessUnderstand practical strategies to promote a growth-mind setDevelop motivation to implement strategies	Employees Managers Leaders	1 hour
Stress Management	Stress is a natural response that can be positive or negative depending on circumstances. Chronic stress is a leading contributor to physical and psychological illness. This workshop provides information and advice to effectively manage workplace stress triggers.	<ul style="list-style-type: none">Knowledge of the stress processUnderstand positive and negative impacts of stressIdentify strategies to manage stress	Employees Managers Leaders	1 hour

** Costs are tailored according to your needs, this may include travel.

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Effective Communication	Poor communication can often lead to workplace problems such as interpersonal difficulty, reduced productivity and allegations of bullying and harassment. This workshop provides information and strategies to promote effective communication to employees and managers in the workplace.	<ul style="list-style-type: none"> Understand modes of 2-way communication Understand barriers to effective communication Promote effective communication strategies 	Employees Managers Leaders	1 hour
Conflict Management	Interpersonal difficulties between employees can create various workplace disturbances. This workshop provides information and advice on how to approach interpersonal conflict between employees and managers.	<ul style="list-style-type: none"> Define interpersonal conflict Mitigate triggers to conflict Strategies to deescalate conflict Effective workplace mediation 	Managers Leaders Human Resources	2 hours
Suicide Awareness	This module provides information on identifying warning signs and assisting someone who might be at risk of suicide. Practical strategies to support a co-worker affected by suicide are also discussed.	<ul style="list-style-type: none"> Understand suicide in Australia Recognise warning signs Having the conversation Provide support after an attempt 	Employees Managers Leaders Human Resources	2 hours
Manager Skills and Providing Feedback	Managers have a responsibility to effectively approach tough conversations while providing support and motivation to employees. This workshop provides information on strategies to manage others in diverse work environments.	<ul style="list-style-type: none"> Understand manager risks and responsibilities Effective communication and feedback strategies Understanding a diverse workforce and tailoring management style 	Managers Leaders	2 hours
Emotional Intelligence at Work	EI is the capacity to be aware of, control and express emotions. This allows for effective management of interpersonal relationships and can result in positive workplace outcomes such as empowered and engaged employees. EI is a positive trait for managers.	<ul style="list-style-type: none"> Define emotional intelligence Identify individuals with high emotional intelligence Harness the power of emotional intelligence in the workplace 	Employees Managers Leaders Human Resources	1 hour

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