

Partners in  
**Wellbeing**



# **FLOOD RESPONSE PROGRAM**

## **FREE WEBINAR & WORKSHOP OPTIONS**

Brought to you by the Partners In Wellbeing Flood Recovery Program

1

# Managing conflict in the workplace

To prevent workplace conflict, we need to understand why it happens in the first place.

Join us in this webinar as we discuss topics such as workplace relationships and how prolonged periods of stress and conflict can escalate into workplace bullying and harassment.

As the saying goes, prevention is better than cure and so join us as we look at ways to minimise conflict and diffuse it quickly if it does occur.

Suitable for small business owners, managers and staff.



2

## Developing a Psychologically Safe Workplace

We commonly hear people talk about creating a workplace where everyone works as a team, but how do you really make that happen?

The workshop takes you through the fundamentals of a psychologically safe workplace and the steps to creating a workplace where all team members feel safe to learn and contribute.

Create a team with a solid working relationship and watch your business flourish!



3

## The Cost of Ignoring Mental Health Matters

In this webinar we investigate what mental health is and why it is important to promote and support mental health and wellbeing in the community, our own lives, and the workplace.

The cost of ignoring the needs of our population when it comes to mental health can be widespread.

Join us as we explore ways to support the mental health of workers and create a mentally healthy workplace.



4

# Understanding Psychosocial Hazards In the Workplace

Workplace health and safety is everyone's responsibility.

Often the emphasis is placed on physical safety, but what about the mental health of workers?

With changes to the regulations around mental health injuries in the workplace this is an essential workshop for anyone who employs or manages staff.

Come with us as we look at why these regulations are needed and how the risks of experiencing a mental health injury have increased.

With working examples of how a workplace mental health injury may occur this workshop is one not to be missed.



5

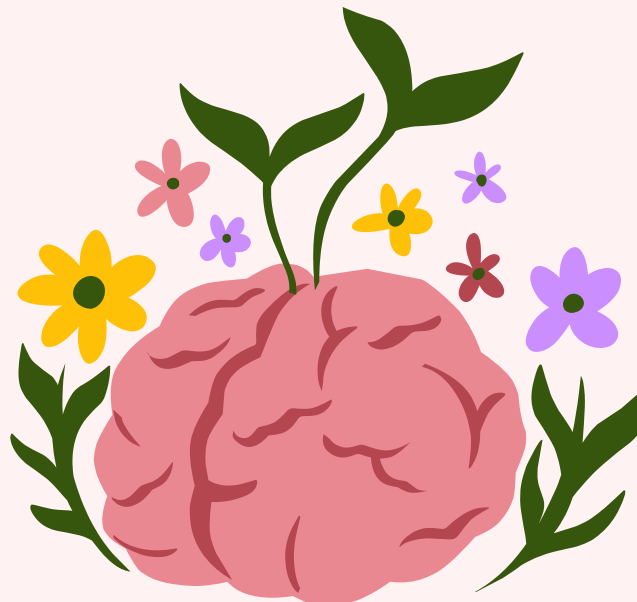
## What is Mental Health & Wellbeing?

This workshop is designed to introduce participants to Mental Health, Mental Illness, and the concept of Wellbeing and to normalise these topics in our discussion of Health.

Mental illness is experienced by 1 in 5 Australians every year.

This workshop aims to increase awareness, reduce stigma, encourage people to seek treatment, and adopt routines to enhance our ability to live through difficult times and look out for each other.

Participants will be encouraged to discuss how Wellbeing relates to Mental Health and explore the building blocks of Wellbeing.



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# **BOOK YOUR FREE WORKSHOP NOW!**

**CALL KATHLEEN MILLS**  
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