



Thriving LEADERS PROGRAM

A transformative professional development program drawing on the latest evidence from neuroscience, psychology and business management research to foster and promote optimal mental health in your workplace. Pre, mid and post program assessment and evaluation ensure excellence, measurable outcomes and return on investment.

Under the leadership of Townsville-based clinical psychologist, Dr Christine O'Connor, LGPC delivers an interactive and engaging series of training workshops to help individuals:

- Better understand and make sense of themselves in the workplace.
- Develop healthy leadership habits through enhanced emotional intelligence.
- Develop and lead a workplace culture which understands and implements strategies which support and promote mentally healthy, resilient, and thriving employees.

- Increase their understanding of the work of leadership, including organisational governance relating to physical and psychological safety in the workplace.

The Thriving Leaders Program is tailored to meet the needs of senior managers and leaders, middle managers, or supervisors through to emerging leaders. Leaders can constructively influence workplace culture, management practices and positive experiences of employees.

WHY INVEST?

- Demonstrate organisational commitment to comply with legislative obligations to provide a mentally healthy workplace.
- Increase the psychological capital and wealth in employees through effective leadership.
- Reduce absenteeism and drive productivity by making your workplace somewhere your staff feel supported and able to thrive in their roles.

WE'LL COVER

Module 1: Cognition: Understanding Schemas, Thinking Styles, Cognitive Biases, and their impact on Leadership.

Module 2: The Body's Response: Emotional Response Styles, Emotional Intelligence and managing Stress in the Workplace.

Module 3: Self Leadership: Character Strengths, building Resilience and taking control.

Module 4: Leadership Development: Diversity, Connection, Communication, and negotiating Difficult Conversations.

Module 5: Leadership Development: Managing Conflict, Decision-Making and Workplace Behaviours.

Module 6: Building and Leading Robust Teams and Maximising Productivity.

Module 7: Developing sustainable, Psychologically Safe Work Cultures and Mentally Healthy Practices.

Be Well
DO WELL

Let us help you create a mentally healthy workplace

LIFE GIVING PSYCHOLOGY & COACHING
(07) 4728 5222

thriving@lgpc.com.au | www.lgpc.com.au

