



Thriving WORKERS PROGRAM

Mentally healthy and safe workplaces which provide meaning, purpose and human connection contribute significantly to individual wellbeing.

Supporting the mental health of employees leads to reduced absenteeism, increased employee engagement and improved productivity. Prevention of 'burning out' before it becomes 'burn out' creates more resilient workers, a safe workplace and results in a healthier bottom line. The program provides employees with relevant, applicable, and timely skills in managing interpersonal workplace relationships.

Thriving Workers Program is an evidence-based professional development program underpinned by neuroscience, psychology and business management research, designed to assist employees in contributing to a mentally healthy workplace.

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.
- Form healthy connections and interactions with co-workers.
- Learn applicable skills for mental health promotion, management, and prevention.
- Learn applicable skills to maintain and promote a thriving work culture.

We understand that every organisation is different. That's why we conduct pre-program assessments to tailor the structure, modules and timings to suit your business. If you're looking to focus on a particular element of workplace wellness, we are more than happy to accomodate.

ONE PROGRAM, TWO UNITS

ME AT WORK

Focuses on an individual's self-understanding and awareness and learning about personal responsibility as an employee.

The Me at Work unit can be delivered as either a one and a half-day workshop or three, half-day sessions.

Module 1: Thriving at work, Thinking Styles and Cognitive Biases.

Module 2: Understanding your Emotions and regulating your Stress Response.

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

WE AT WORK

Focuses on understanding and managing interpersonal workplace relationships, including communication skills, resolving conflict and being part of a thriving and mentally healthy team.

This unit complements the Me at Work unit , and is delivered as a full-day workshop or two, half-day sessions.

Module 1: Working in Teams: Diversity, Connection, Communication and managing Conflict.

Module 2: Psychologically Safe and Mental Healthy Workplaces: How You can make a Difference!

