



WORKPLACE  
INTERVENTIONS  
empowering people with knowledge

## WorkPlace Interventions 2021 Training Calendar

### WorkCover/ Return to Work

Date and Time		Course Title and Description	Price
1:00 pm – 3:00 pm	13 August	<p><b>Understanding Workers' Compensation, Premium and Pre-injury Average Weekly Earnings (PIAWE)</b></p> <p>This session provides a comprehensive understanding of how workers' compensation premium is calculated and focuses on employer premium legislative requirements. The second part of the seminar provides an overview of PIAWE and its calculation.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/understanding-workers-compensation-premium-and-preinjury-average-weekly-earnings-piawe-13-august/">https://workplaceinterventions.com.au/event/understanding-workers-compensation-premium-and-preinjury-average-weekly-earnings-piawe-13-august/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
	22 March 23 September	<p><b>Return to Work Training for Managers and Supervisors</b></p> <p>Managers and supervisors will learn the importance of being involved in the return to work process, being proactive from the moment a workplace injury occurs, identifying suitable duties, and supporting and monitoring worker progress. Managers and supervisors will also learn how to develop and document a graduated return to work plan over a set period and monitor progress.</p> <p><b>Book 22 March Course:</b>  <a href="https://workplaceinterventions.com.au/event/return-to-work-training-for-managers-and-supervisors-22-march/">https://workplaceinterventions.com.au/event/return-to-work-training-for-managers-and-supervisors-22-march/</a></p> <p><b>Book 23 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/return-to-work-training-for-managers-and-supervisors-23-september/">https://workplaceinterventions.com.au/event/return-to-work-training-for-managers-and-supervisors-23-september/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 12:30 pm			

9:00 am – 12.00 pm	10 May 10 September	<p><b>Introduction to Workers' Compensation</b></p> <p>New starters in the industry will benefit from this session as it provides essential return to work and WorkCover information including an overview of relevant legislation and employer and worker obligations.</p> <p><b>Book 10 May Course:</b>  <a href="https://workplaceinterventions.com.au/event/introduction-to-workers-compensation-10-may/">https://workplaceinterventions.com.au/event/introduction-to-workers-compensation-10-may/</a></p> <p><b>Book 10 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/introduction-to-workers-compensation-10-september/">https://workplaceinterventions.com.au/event/introduction-to-workers-compensation-10-september/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 3.30 pm	21, 22 January 18, 19 February 15, 16 March 22, 23 April 17, 18 May 17, 18 June 12, 13 July 19, 20 August 20, 21 September 21, 22 October 22, 23 November 16, 17 December	<p><b>2-Day Role of a Return to Work Coordinator (WorkSafe Endorsed)</b></p> <p>Following the principles of effective injury management this course is designed to equip RTW Coordinators with the tools to effectively meet the return to work obligations under the WIRC Act 2013, including the steps required to facilitate a sustainable return to work. This course will also be useful for those managing non work-related injuries.</p> <p>A WorkSafe-endorsed certificate will be issued upon completion. This course is offered via face to face (9.00am -4.30pm) or fully online.</p> <p><b>Online Format: 9.00am -3.30pm (both days)</b></p> <p style="padding-left: 40px;">9.00 am to 10.45 am –Pre-recorded webinar  11.00 am to 12.30 pm – Live online session  1.00 pm to 2.00 pm – Pre-recorded webinar  2.00 pm to 3.30 pm – Live online session</p> <p><b>Book a Course Date:</b>  <a href="https://workplaceinterventions.com.au/virtual-return-to-work-coordinator-training/">https://workplaceinterventions.com.au/virtual-return-to-work-coordinator-training/</a></p>	<p>\$399 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 3.30 pm	6, 7 May 18, 19 October	<p><b>2-Day Advanced WorkCover &amp; Return to Work (Part 1)</b></p> <p>Designed to improve and upskill experienced RTW Coordinators and those responsible for Workers' Compensation.</p> <p>Part 1 of this advanced program covers the following topics:</p> <ol style="list-style-type: none"> <li>1) New and Emerging Trends in Workers' Compensation,</li> <li>2) How to Implement a Positive Return to Work Culture,</li> <li>3) The Role of Supervisors and Managers in the Return to Work Process,</li> <li>4) Managing Complex Claims, and</li> <li>5) Understanding Premium – Through Strategic Claims Management</li> </ol> <p>Offered face to face (9.00am -4.30pm) or fully online (9.00-3.30pm).</p> <p><b>Book 6/7 May Course:</b>  <a href="https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-1-6-7-may/">https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-1-6-7-may/</a></p> <p><b>Book 18/19 October Course:</b>  <a href="https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-1-18-19-october/">https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-1-18-19-october/</a></p>	<p>\$399 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

9:00 am – 4:30 pm	24, 25 June  18, 19 November	<p><b>2-Day Advanced WorkCover &amp; Return to Work (Part 2)</b></p> <p>This intensive course has been designed to improve and upskill experienced Return to Work Coordinators, and senior leaders responsible for Workers' Compensation and injury management.</p> <p>Part 2 of this advanced program covers the following topics:</p> <ol style="list-style-type: none"> <li>1) The role of emotional intelligence (EQ) in RTW,</li> <li>2) Reaching Resolution: Participating in the Dispute Resolution Process</li> <li>3) Mental Health: Improving Pre and Early Claims Management Skills</li> <li>4) Treating Practitioners: Strategies for Engaging Challenging GPs</li> </ol> <p><b>Book 24/25 June Course:</b>  <a href="https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-2-24-25-june/">https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-2-24-25-june/</a></p> <p><b>Book 18/19 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-2-18-19-november/">https://workplaceinterventions.com.au/event/2-day-advanced-workcover-return-to-work-part-2-18-19-november/</a></p>	<p>\$399 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9.00 am – 11.00 am	12 March	<p><b>How to Develop a Return to Work Plan for a Physical Injury</b></p> <p>Under the workers' compensation legislation, when a worker is injured on the job and has an incapacity for work, employers have an obligation to help them return to safe work.</p> <p>This practical workshop enables participants to acquire the skills to 'create' a return to work plan for an injured employee with a physical injury.</p> <p>This course is also beneficial for those who manage non work-related injuries / reasonable adjustments.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/how-to-develop-a-return-to-work-plan-for-a-physical-injury-12-march/">https://workplaceinterventions.com.au/event/how-to-develop-a-return-to-work-plan-for-a-physical-injury-12-march/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9.00 am – 11.00 am	7 June	<p><b>How to Develop a Return to Work Plan for a Mental Injury</b></p> <p>Workers are regularly exposed to critical incidents, excessive workloads, poor workplace culture, bullying and harassment, and non-compliance with company policies that can lead to sustaining a psychological injury.</p> <p>This practical workshop enables participants to acquire the skills to 'create' a return to work plan for an injured employee with a psychological injury.</p> <p>This course is also beneficial for those who manage non work-related injuries / reasonable adjustments.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/how-to-develop-a-return-to-work-plan-for-a-mental-injury-7-june/">https://workplaceinterventions.com.au/event/how-to-develop-a-return-to-work-plan-for-a-mental-injury-7-june/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

## Mental Health

Date and Time	Course Title and Description	Price
<p>1:00 pm – 4:00 pm</p> <p>9 April 15 November</p>	<p><b>Mental Health in the Workplace</b></p> <p>This course addresses the most common challenges that workplaces are likely to encounter, from recognising the early warning signs of poor mental health to learning the skills in how to have the ‘difficult discussions’ with a co-worker about a mental health problem.</p> <p>Recognising that supporting employees with mental health problems can be emotionally challenging, the role of self-care in staying mentally well will also be explored in this session.</p> <p><b>Book 9 April Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-in-the-workplace-9-april/">https://workplaceinterventions.com.au/event/mental-health-in-the-workplace-9-april/</a></p> <p><b>Book 15 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-in-the-workplace-15-november/">https://workplaceinterventions.com.au/event/mental-health-in-the-workplace-15-november/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>
<p>1:00 pm – 4:00 pm</p> <p>11 March 23 September</p>	<p><b>Mental Health Essentials for Managers</b></p> <p>With one in five Australians experiencing a mental illness in any one year, people managers need to be equipped to manage those in their team who are experiencing mental health problems. This course addresses the most common challenges that people managers are likely to encounter, from recognising the early warning signs of poor mental health to managing the complexities of workplace legal obligations around managing mental health.</p> <p><b>Book 11 March Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-essentials-for-managers-11-march/">https://workplaceinterventions.com.au/event/mental-health-essentials-for-managers-11-march/</a></p> <p><b>Book 23 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-essentials-for-managers-23-september/">https://workplaceinterventions.com.au/event/mental-health-essentials-for-managers-23-september/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>
<p>9.00 am – 12.:00</p> <p>5 July</p>	<p><b>Managing Bullying and Occupational Violence in the Workplace</b></p> <p>Occupational violence and bullying have both psychological and physical effects on those who experience it and those who witness it.</p> <p>This course provides an overview of applicable laws, the impact of bullying, workers’ compensation claims and the role of workplace policies and procedures, with a review of intervention strategies and a practical approach to supporting critical incidents in the workplace.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/managing-bullying-and-occupational-violence-in-the-workplace-5-july/">https://workplaceinterventions.com.au/event/managing-bullying-and-occupational-violence-in-the-workplace-5-july/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>

1:00 pm – 4:00 pm	6 May  12 October	<p><b>Creating a Mentally Healthy Workforce</b></p> <p>This evidence informed session offers a holistic workplace approach to reducing risk factors for stress and mental illness with a focus on the theories of positive psychology.</p> <p>Incorporating a solution-based approach, participants are introduced to a variety of practical tools and strategies to be able to integrate wellness into everyday activities as well as from an organisational approach.</p> <p><b>Book 6 May Course:</b>  <a href="https://workplaceinterventions.com.au/event/creating-a-mentally-healthy-workforce-6-may/">https://workplaceinterventions.com.au/event/creating-a-mentally-healthy-workforce-6-may/</a></p> <p><b>Book 12 October Course:</b>  <a href="https://workplaceinterventions.com.au/event/creating-a-mentally-healthy-workforce-12-october/">https://workplaceinterventions.com.au/event/creating-a-mentally-healthy-workforce-12-october/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am -12:00 pm	16 August	<p><b>Managing Psychological Injury Claims</b></p> <p>This program will provide participants with an understanding of:</p> <ul style="list-style-type: none"> <li>▪ Common workplace mental illnesses</li> <li>▪ How an agent determines liability</li> <li>▪ Psychological injuries: barriers and early intervention</li> <li>▪ Practical workplace adjustments for psychological injuries</li> <li>▪ How to mitigate risks for secondary psychological injuries</li> </ul> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/managing-psychological-injury-claims-16-august/">https://workplaceinterventions.com.au/event/managing-psychological-injury-claims-16-august/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1:00 pm – 4:00 pm	15 July	<p><b>Psychological First Aid in the Workplace</b></p> <p>Psychological First Aid (PFA) is an evidence-based, recommended approach to assisting people in the immediate aftermath of trauma.</p> <p>PFA is a practical tool used to reduce initial distress and assist people to cope better in the days and weeks following a potentially traumatic event. Participants will learn core PFA skills including simple psychological strategies and gain the skills needed to help and support to co-workers affected by a trauma such as a workplace critical incident.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/psychological-first-aid-in-the-workplace-15-july/">https://workplaceinterventions.com.au/event/psychological-first-aid-in-the-workplace-15-july/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1:00 pm – 4:30 pm	14 September	<p><b>Advanced Psychological First Aid in the Workplace</b></p> <p>The advanced PFA provides individuals and organisations with an in-depth understanding of how to use evidence-based skills in the support of employees or clients who experience a traumatic event. Participants will learn the 'RAPID' response and as well as the different types of trauma, how trauma manifests and post traumatic growth.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/advanced-psychological-first-aid-in-the-workplace-14-september/">https://workplaceinterventions.com.au/event/advanced-psychological-first-aid-in-the-workplace-14-september/</a></p>	<p>\$180 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

1:00 pm – 4:00 pm	29 July	<p><b>Vicarious Trauma and Post Traumatic Growth</b></p> <p>Vicarious trauma is a consequence of working with trauma survivors, as this can often result in actual harm over time. This program identifies risk factors associated with vicarious traumatisation, compassion fatigue and burnout within an organisational setting.</p> <p>Vicarious trauma prevention and early intervention is of paramount importance to the wellbeing of employees, where trauma can be transformational in the form of post-traumatic growth and vicarious resilience helping workers to overcome traumatic situations through a strength-based approach which is explored within this program.</p> <p>From workforce retention, to the health and wellbeing of workers, there are compelling reasons to embed vicarious trauma mitigation strategies within your organisation.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/vicarious-trauma-and-post-traumatic-growth-29-july/">https://workplaceinterventions.com.au/event/vicarious-trauma-and-post-traumatic-growth-29-july/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1:00 pm – 3:00 pm	18 February 13 September	<p><b>Stress Aware and Self Care Workshop</b></p> <p>A practical evidence-informed facilitator-led workshop that focuses on a way to change the relationship with stress and to respond to difficult moments in life with kindness, care and understanding. This workshop is designed to introduce the concepts of self-care and wellness.</p> <p><b>Book 18 Feb Course:</b>  <a href="https://workplaceinterventions.com.au/event/stress-aware-and-self-care-workshop-18-february/">https://workplaceinterventions.com.au/event/stress-aware-and-self-care-workshop-18-february/</a></p> <p><b>Book 13 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/stress-aware-and-self-care-workshop-13-september/">https://workplaceinterventions.com.au/event/stress-aware-and-self-care-workshop-13-september/</a></p>	<p>\$100 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
2-Day Face to Face OR Online	Every week throughout 2021.	<p><b>Mental Health First Aid Accredited Training – Community or Workplace Version</b> - CPD points available</p> <p>This program is offered via a 2-day face to face in class training session or fully online consisting of self-paced eLearning (4-7 hrs), followed by 2 x 2.5 hr 'online' facilitator led sessions.</p> <p>This accredited program helps employers and/or individuals implement a best practice early intervention approach for those who may be experiencing poor mental health. Participants will learn how to recognise the symptoms of different illnesses and assess for mental health crises, equipping participants to provide immediate assistance.</p> <p>Those trained as accredited MHFAiders are eligible to be appointed as Mental Health First Aid Officers in the workplace. 3-year accreditation.</p> <p><b>Book a Course Date:</b>  <a href="https://workplaceinterventions.com.au/mental-health-accredited-virtual-training/">https://workplaceinterventions.com.au/mental-health-accredited-virtual-training/</a></p>	<p>Face to face \$399 pp (Plus GST)</p> <p>OR</p> <p>Online \$220 pp (Plus GST) including eLearning</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

12:30 pm – 5:00 pm	Twice a month throughout 2021	<p><b>Refresher Mental Health First Aid Accredited Training</b></p> <p>Offered as a face to face in class session (4 hrs) or fully online (4.5 hrs).</p> <p>This course allows people who have previously completed the standard MHFA course to refresh their knowledge and skills and enables a further 3 years of accreditation.</p> <p>This course gives participants an opportunity to</p> <ul style="list-style-type: none"> <li>▪ Gain an understanding of the latest research in the mental health field</li> <li>▪ Refresh/discuss 3 key actions for helping someone who is suicidal</li> <li>▪ Work through complex mental health first aid interactions</li> <li>▪ Practice mental health first aid skills.</li> </ul> <p><b>Book a Course Date:</b>  <a href="https://workplaceinterventions.com.au/online-refresher-mental-health-first-aid-accredited-training/">https://workplaceinterventions.com.au/online-refresher-mental-health-first-aid-accredited-training/</a></p>	<p>\$199 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
2-Day Face to Face OR Online	<p>20, 21 May</p> <p>15, 16 July</p> <p>7, 8 October</p>	<p><b>Youth Mental Health First Aid Accredited Training -CPD points available</b></p> <p>This program is offered via a 2-day face to face in class session or fully online consisting of self-paced eLearning (4-7 hrs), followed by 2 x 2.5 hr 'online' facilitator led sessions.</p> <p>For adults working or living with adolescents (those aged between 12 and 18 yrs), this course can also be relevant for those helping people a little younger or older.</p> <p>Participants will learn how to recognise the symptoms of different illnesses and mental health crises, equipping them to provide immediate assistance. Accreditation is for 3-years.</p> <p><b>Book 20/21 May Course:</b>  <a href="https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-20-21-may/">https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-20-21-may/</a></p> <p><b>Book 15/16 July Course:</b>  <a href="https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-15-16-july/">https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-15-16-july/</a></p> <p><b>Book 7/8 October Course:</b>  <a href="https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-7-8-october/">https://workplaceinterventions.com.au/event/youth-mental-health-first-aid-accredited-training-7-8-october/</a></p>	<p>Face to face \$399 pp (Plus GST)</p> <p>OR</p> <p>Online \$230 pp (Plus GST) including eLearning</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
12:30 pm – 5:00 pm	<p>30 March</p> <p>17 August</p> <p>12 November</p>	<p><b>Refresher Youth Mental Health First Aid Accredited Training</b></p> <p>Offered as a face to face in class session (4 hrs) or fully online (4.5 hrs).</p> <p>Participants can refresh the knowledge and skills learnt during the Youth MHFA 2-day course and to gain a further 3-year accreditation.</p> <p>Further, participants will:</p> <ul style="list-style-type: none"> <li>▪ Gain an understanding of the latest research in the mental health field</li> <li>▪ Learn the 3 key actions for helping someone feeling suicidal</li> <li>▪ Work through complex mental health first aid interactions</li> </ul>	<p>\$199 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

		<ul style="list-style-type: none"> <li>Practice mental health first aid skills.</li> </ul> <p><b>Book 30 March Course:</b>  <a href="https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-30-march/">https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-30-march/</a></p> <p><b>Book 17 August Course:</b>  <a href="https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-17-august/">https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-17-august/</a></p> <p><b>Book 12 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-12-november/">https://workplaceinterventions.com.au/event/refresher-youth-mental-health-first-aid-accredited-training-12-november/</a></p>	
1.00 pm – 5:00 pm	10 September	<p><b>Mental Health First Aid for the Suicidal Person (4-hour course)</b></p> <p>With 8 suicides every day, and four times more attempts, one life lost to suicide is one too many.</p> <p>While it can be intimidating to talk about suicide or ask a person whether they are feeling suicidal, this evidence informed program, which is based on the revised, assists participants to identify and confidently support a person who may be experiencing suicidal thoughts and/or behaviours.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-first-aid-for-the-suicidal-person-10-september/">https://workplaceinterventions.com.au/event/mental-health-first-aid-for-the-suicidal-person-10-september/</a></p>	<p>\$299 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1.00 pm – 5:00 pm	30 November	<p><b>Mental Health First Aid- Conversations about Gambling</b></p> <p>The 4-hr Mental Health First Aid Conversations about Gambling assists participants to identify, approach and support someone experiencing gambling harm using a practical, evidence-based action plan.</p> <p>This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-first-aid-conversations-about-gambling-30-november/">https://workplaceinterventions.com.au/event/mental-health-first-aid-conversations-about-gambling-30-november/</a></p>	<p>\$299 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1.00 pm – 5:00 pm	17 November	<p><b>Mental Health First Aid- Conversations about Non-Suicidal Self-Injury</b></p> <p>Based upon guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals, this 4-hr course is for any interested adult wanting to learn how to assist a person who is engaging in self-injury.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/mental-health-first-aid-conversations-about-non-suicidal-self-injury-17-november/">https://workplaceinterventions.com.au/event/mental-health-first-aid-conversations-about-non-suicidal-self-injury-17-november/</a></p>	<p>\$299 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

## Health and Safety

Date and Time		Course Title and Description	Price
10:00am – 12:00pm	19 July	<p><b>Incident Investigation</b></p> <p>This course provides participants with the practical skills required to investigate workplace incidents, determine contributing factors, and implement controls to prevent reoccurrence.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/incident-investigation-19-july/">https://workplaceinterventions.com.au/event/incident-investigation-19-july/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1:00 pm – 3:00 pm	19 July	<p><b>Managing and Controlling Workplace Hazards and Risks</b></p> <p>This program will provide participants with an understanding of:</p> <ul style="list-style-type: none"> <li>▪ how to proactively address all types of workplace hazards</li> <li>▪ how organisations can identify and assess the risk of both psychological and physical hazards</li> <li>▪ how organisations can effectively control the risk of hazards</li> <li>▪ how organisations can prevent workplace injuries.</li> </ul> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/managing-and-controlling-workplace-hazards-and-risks-19-july/">https://workplaceinterventions.com.au/event/managing-and-controlling-workplace-hazards-and-risks-19-july/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 12.00 pm	12 August	<p><b>OHS Essentials for Managers</b></p> <p>This seminar provides managers and supervisors with an understanding of their OHS legal obligations specific to their role.</p> <p>Covering all major aspects of health and safety, the course teaches managers and supervisors to effectively manage the first 24 hours after an injury, perform a risk assessment, consult with employees and Health and Safety Representatives, and identify effective risk controls. The course incorporates several real-life case studies and practical exercises that encourage active participation.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/ohs-essentials-for-managers-12-august/">https://workplaceinterventions.com.au/event/ohs-essentials-for-managers-12-august/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 5:00 pm	Every month throughout 2021	<p><b>Health and Safety Representatives (HSR) Initial OHS 5-day WorkSafe Approved Course</b></p> <p>This course for newly elected HSRs is designed to provide them with knowledge and practical skills to effectively deal with OHS issues within their workplace.</p> <p>During this program participants will learn how to:</p> <ul style="list-style-type: none"> <li>▪ Interpret the OHS legislative framework and its relationship to the HSR</li> <li>▪ Identify key parties and their legislative obligations and duties</li> <li>▪ Establish representation in the workplace</li> <li>▪ Participate in consultation and issue resolution</li> <li>▪ Represent designated workgroup members in any OHS risk management process is undertaken by the appropriate duty holder(s)</li> </ul>	<p>\$980 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

		<ul style="list-style-type: none"> <li>Issuing Provisional Improvement Notice (PIN) and directing cessation of Work.</li> </ul> <p>This course will also be beneficial to line managers, supervisors, safety officers, SME business owners, HR, RTW Coordinators and health and safety committee members.</p> <p><b>Book a Course Date:</b>  <a href="https://workplaceinterventions.com.au/virtual-hsr-ohs-training-courses/">https://workplaceinterventions.com.au/virtual-hsr-ohs-training-courses/</a></p>	
9.00 am – 5.00 pm	<p>9 Feb</p> <p>27 April</p> <p>4 June</p> <p>31 August</p> <p>11 October</p> <p>20 December</p>	<p><b>1-Day HSR Refresher OHS Training Course: Plant, OVA or Work- Related Stress Versions - WorkSafe Approved Course</b></p> <p>This WorkSafe approved training course will help HSRs to understand and exercise their power effectively, providing HSRs with the confidence, skills, and knowledge to represent their co-workers (i.e. DWG) when health and safety concerns arise.</p> <p>Stress-related, OVA or Plant based refresher training is available.</p> <p>Whilst HSRs/ Deputy HSRs are the primary audience, managers, supervisors, health, and safety committee members will also benefit from attending this course.</p> <p><b>Book a Course Date:</b>  <a href="https://workplaceinterventions.com.au/virtual-hsr-ohs-training-courses/">https://workplaceinterventions.com.au/virtual-hsr-ohs-training-courses/</a></p>	<p>\$250 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
<b>Continuous Improvement</b>			
	<b>Date and Time</b>	<b>Course Title and Description</b>	<b>Price</b>
9.00 am – 12.30 pm	<p>15 February</p> <p>15 November</p>	<p><b>Emotional Intelligence (EI) for Managers</b></p> <p>EI has been demonstrated to be positively related to job performance especially those jobs that demand a high degree of social interaction. Leadership is about social interaction and EI has been demonstrated to be present in highly effective leaders. The term, EI, was coined by Daniel Goleman and includes psychological attributes such as self-awareness, self-regulation, influence, empathy, and social skills.</p> <p>The course will also explore the link between EI and culture transformation, active listening, decision making, resilience and self-confidence. Session activities will include role-playing as well as reflecting on the application of EI attributes in the manager's role.</p> <p><b>Book 15 February Course:</b>  <a href="https://workplaceinterventions.com.au/event/emotional-intelligence-ei-for-managers-15-february/">https://workplaceinterventions.com.au/event/emotional-intelligence-ei-for-managers-15-february/</a></p> <p><b>Book 15 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/emotional-intelligence-ei-for-managers-15-november/">https://workplaceinterventions.com.au/event/emotional-intelligence-ei-for-managers-15-november/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

9.00 am – 12.30 pm	6 July	<p><b>WorkPlace Interventions – Positive Psychological Interventions</b></p> <p>Negativity at the workplace can have serious consequences for both the employer and employees, including low morale, loss of productivity, high-stress levels, turmoil amongst staff, poor customer feedback, a toxic environment, and high turnover.</p> <p>Experts suggest that positive psychology can impact everything from talent retention to better employee health.</p> <p>This program will teach participants how to implement evidence-informed applications to create a healthier, happier, more productive, and sustainable workforce.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/workplace-interventions-positive-psychological-interventions-6-july/">https://workplaceinterventions.com.au/event/workplace-interventions-positive-psychological-interventions-6-july/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9.00 am – 12.30 pm	8 June	<p><b>Psychological Capital (Resilience based program)</b></p> <p>Human psychological capital (PsyCap) is a core construct for wellbeing and thriving. In practice PsyCap is characterised by (1) having confidence to take on and make the effort to succeed at challenging tasks; (2) making a positive attribution about succeeding now and in the future; (3) persevering toward goals and, when necessary, redirecting paths to goals (hope) to succeed; and (4) when beset by problems and adversity, sustaining and bouncing back and even beyond (resilience) to attain success.</p> <p>Higher levels of PsyCap in the workplace are associated with higher levels of job satisfaction, organisational commitment, and wellbeing. Specifically, employees are found to be more open and less cynical about organisational change, resulting in higher performers and staff who are better able to problem-solve and respond positively to setbacks.</p> <p>Developing PsyCap has real benefits for both individuals and organisations in enhancing workplace wellbeing and developing ongoing resilience.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/psychological-capital-resilience-based-program-8-june/">https://workplaceinterventions.com.au/event/psychological-capital-resilience-based-program-8-june/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
1:00 pm – 4:00 pm	8 April	<p><b>Navigating through Change (Change-management program)</b></p> <p>Designed to help employees or managers to contribute more effectively within their team this course offers helpful strategies on how to work through workplace change. Program techniques will make it easier for employees to cope with change in many workplace situations, including identifying their reactions including those they work with or manage.</p> <p>This course will cover the following topics:</p> <ul style="list-style-type: none"> <li>▪ Understand the process of change</li> </ul>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

		<ul style="list-style-type: none"> <li>▪ Acknowledge their reaction to change</li> <li>▪ Develop skills and strategies to help employees cope and work with change.</li> </ul> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/navigating-through-change-change-management-program-8-april/">https://workplaceinterventions.com.au/event/navigating-through-change-change-management-program-8-april/</a></p>	
1:00 pm – 4:00 pm	<p>23 September</p> <p>16 November</p>	<p><b>Managing a Multi-Generation Workplace</b></p> <p>Part 1 will explore Millennials (those born between 1982-1993) who equate for a third of the workforce and will make up three-quarters of the world’s working population by 2025. Known for their loyalty to causes, Millennials dislike traditional management approaches and job-hopping. The topics in part 1 include effective communication strategies with young people, risk-taking, managing inexperience, and improving decision making regarding millennials.</p> <p>Part 2 will analyse the implications of an ageing population including practical skills in the active management of the aging workforce including the advantages that come with having an ageing workforce. Themes include adapting duties to suit an older employee, flexible work arrangements and the importance of injury prevention strategies.</p> <p><b>Book 23 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/managing-a-multi-generation-workplace-23-september/">https://workplaceinterventions.com.au/event/managing-a-multi-generation-workplace-23-september/</a></p> <p><b>Book 16 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/managing-a-multi-generation-workplace-16-november/">https://workplaceinterventions.com.au/event/managing-a-multi-generation-workplace-16-november/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>
1:00 pm – 4:00 pm	<p>10 May</p> <p>9 December</p>	<p><b>Conflict Resolution</b></p> <p>A successful organisation is an engaged workforce with strong communication abilities and a capacity to resolve conflict situations. Improving these skills amongst clients within the workers’ compensation and insurance industries has significant flow-on benefits for every organisation. This course aims to improve participants awareness of conflict and provides strategies to manage conflict situations, so they become an opportunity to solve problems and seek solutions.</p> <p><b>Book 10 May Course:</b>  <a href="https://workplaceinterventions.com.au/event/conflict-resolution-10-may/">https://workplaceinterventions.com.au/event/conflict-resolution-10-may/</a></p> <p><b>Book 9 December Course:</b>  <a href="https://workplaceinterventions.com.au/event/conflict-resolution-9-december/">https://workplaceinterventions.com.au/event/conflict-resolution-9-december/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>

1:00 pm – 4:00 pm	12 April  15 September	<p><b>Having Difficult Conversations</b></p> <p>Successfully dealing with other people is an important skill in the management of return to work. This course looks at ways to manage difficult interactions and provides participants with some useful skills to better initiate and manage conversations expected to be difficult.</p> <p><b>Book 12 April Course:</b>  <a href="https://workplaceinterventions.com.au/event/having-difficult-conversations-12-april/">https://workplaceinterventions.com.au/event/having-difficult-conversations-12-april/</a></p> <p><b>Book 15 September Course:</b>  <a href="https://workplaceinterventions.com.au/event/having-difficult-conversations-15-september/">https://workplaceinterventions.com.au/event/having-difficult-conversations-15-september/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 12.00pm	15 March  25 November	<p><b>Dealing with Challenging Behaviours</b></p> <p>Conflict and challenging situations inevitably arise in all human interactions and especially in a workplace environment. However, there are ways to ensure that these situations and behaviours are effectively managed and navigated to minimise the consequence and maximise potential. This course will assist in the development of great communication skills that can assist your approach with a challenging situation of someone who is displaying challenging behaviours.</p> <p><b>Book 15 March Course:</b>  <a href="https://workplaceinterventions.com.au/event/dealing-with-challenging-behaviours-15-march/">https://workplaceinterventions.com.au/event/dealing-with-challenging-behaviours-15-march/</a></p> <p><b>Book 25 November Course:</b>  <a href="https://workplaceinterventions.com.au/event/dealing-with-challenging-behaviours-25-november/">https://workplaceinterventions.com.au/event/dealing-with-challenging-behaviours-25-november/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>
9:00 am – 4.30 pm	6 September	<p><b>Leadership Development</b></p> <p>For those currently in a leadership position or new to a leadership role, this session will provide participants with the insight, awareness, and techniques to lead more effectively.</p> <p>This one-day professional development program will provide participants with crucial skills like creating and communicating a vision, use of appropriate body language, emotional intelligence, giving formal and informal feedback, using the art of persuasion, creative problem solving and decision making, and encouraging personal and professional growth.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/leadership-development-6-september/">https://workplaceinterventions.com.au/event/leadership-development-6-september/</a></p>	<p>\$199 pp (Plus GST)</p> <p>Use the code 'welcomeback' to receive a 5% discount</p>

1:00 pm – 4:00 pm	29 November	<p><b>Performance Management to Achieve Better Results</b></p> <p>We are only as good as the people who work for us. Managing people performance well is the key to enriching the experience at work and contributing to a more effective workplace.</p> <p>This session will equip participants with the following skills to ensure you get the best out of your people. How to have ongoing conversations with staff on their performance:</p> <ul style="list-style-type: none"> <li>▪ identifying underlying causes of performance issues</li> <li>▪ following a “Growth” feedback model</li> <li>▪ maintaining a positive environment</li> </ul> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/performance-management-to-achieve-better-results-29-november/">https://workplaceinterventions.com.au/event/performance-management-to-achieve-better-results-29-november/</a></p>	<p>\$150 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>
1:00 pm – 3:00 pm	9 September	<p><b>Building Confidence to Manage Challenging Behaviours</b></p> <p>The program targets those who want to develop strategies and build confidence to manage a challenging situation. Statistically, 32% of people in the workforce do not feel confident in addressing challenging/aggressive behaviours in their workplace, whether from another colleague or a customer/client.</p> <p>The short workshop will go through evidence-based strategies to build internalised confidence to be prepared in facing challenging behaviours/situations.</p> <p><b>Book Course:</b>  <a href="https://workplaceinterventions.com.au/event/building-confidence-to-manage-challenging-behaviours-9-september/">https://workplaceinterventions.com.au/event/building-confidence-to-manage-challenging-behaviours-9-september/</a></p>	<p>\$120 pp (Plus GST)</p> <p>Use the code ‘welcomeback’ to receive a 5% discount</p>

### e-Learn Blast Courses (15-20 Minutes)

Course Title/Description	Price
<p><b>Developing a Self-Care Plan</b></p> <p>A self-care plan can help you enhance your health and wellbeing, manage your stress, and maintain professionalism as a worker with young people. Learn to identify activities and practices that support your wellbeing as a professional and help you to sustain positive self-care in the long-term.</p>	\$20 pp plus GST
<p><b>Workplace Wellbeing (Mindfulness)</b></p> <p>Practicing mindfulness has many benefits including increased empathy and compassion, improved immune functioning, increased happiness and optimism, improved sleep, greater focus and concentration, and reduced anxiety and stress. There are various ways to practice mindfulness including, but not limited to, meditation and bringing attention to our daily activities. This short session will teach strategies to manage daily stress and practise mindfulness.</p>	\$20 pp plus GST
<p><b>Becoming a Confident Leader</b></p> <p>The bite size session will take participants through evidence-based strategies to build internalised confidence to be prepared for and working through challenging behaviours/situations.</p>	\$20 pp plus GST
<p><b>Suicide Warning Signs</b></p> <p>This suicide intervention session assists participants to recognise warning signs for suicide and learn intervention strategies.</p>	\$20 pp plus GST
<p><b>Leadership Activities</b></p> <p>Leadership plays an important role in the workplace as well as other community organisations. Learning key leadership activities will offer many benefits to people leaders and businesses, including the ability to drive increased performance, productivity, and wellbeing.</p>	\$20 pp plus GST
<p><b>Communication Strategies</b></p> <p>This course provides a great introduction to person-centred communication strategies and includes an overview of an evidence based 'Effective Communication' framework (OARS – Open questions, Affirmations, Reflections, Summaries).</p>	\$20 pp plus GST

# THANK YOU FOR CHOOSING WORKPLACE INTERVENTIONS!

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**Managing Workplace Stress and Anxiety**