



PsychLeaders
Leading the Way to Positive Change

TRAINING COURSES



CHANGE BEGINS WITH KNOWLEDGE

A LITTLE BIT ABOUT US



At PsychLeaders, we believe that investing in your people isn't just about ensuring they know how to use your corporate database or the latest version of a software package!



To show them that they're valued for who they are, not just what they bring to the table, businesses are increasingly focussed on ensuring their workplace takes into account the mental wellbeing of their people.

And that's where we come in. We are a boutique consulting practice who for more than 20 years have been dedicated to enhancing the wellbeing of your most precious resource - your people

OUR TRAINING COURSES

Just as your business model is unique, so are your training needs.

That's why our training courses can be chosen to meet the specific needs of your business and your people.

Our **Seminar Series** units run for around one hour and are ideal for lunch and learn sessions or as part of a team planning day.

Run them as a standalone session to focus on a current issue or as part of a series.

The **Masterclass Modules** are longer and more comprehensive sessions that allow participants to drill down into the topic.



SEMINAR SERIES

Have you identified a particular issue in your workplace you'd like addressed? These seminar units run for around one hour and are ideal for a standalone lunch and learn session. An even better option is running them as part of a series.

Emotional intelligence

What is Emotional Intelligence? This session will help you develop your understanding of this topic. We'll provide tools to help you understand your level of Emotional Intelligence and importantly, tips on how to enhance it.

The Art of Communication

Effective communication in the workplace is critical. In this session you'll discover how you communicate now and how to improve your communication skills. We'll also give you some strategies on how to deal with challenging interactions.

Stress for success

No matter what we do, some degree of stress is inevitable. Learn about how stress influences wellbeing plus develop a new stress perspective. You'll learn practical strategies to manage stress for personal and professional success.

Braving Burnout

Not everyone can recognise the symptoms of burnout, but this issue can have a huge impact on your wellbeing and performance. Learn how to identify burnout and some simple techniques to deal with it.

From lethargic to lively – sparking motivation

Do you find yourself lacking motivation? By focussing your actions, you'll be able to live and work with intention. Discover how living intentionally will help enhance your personal and professional performance.

Work-life integration

What is life satisfaction? If this is a question you've never asked, you need this session! You'll learn practical strategies to create a healthy relationship between competing priorities and develop a true work-life balance.



SEMINAR SERIES CONTINUED

Emotional hygiene

You'd never consider leaving home without cleaning your teeth. And although you can't scrub them away, you can learn how to live without your actions being controlled by your emotions. We'll show you how to manage your emotions and develop more emotional agility.

Healthy workplaces

Developing a healthy workplace isn't just about encouraging good eating habits! In this session, we delve into what mentally healthy workplaces look like and how you can contribute to building a strong and positive workplace.

Developing resilience

Resilience seems to be the latest buzzword – and for good reason. Being mentally resilient has an impact on every aspect of your life. From bouncing back after a relationship breakup to dealing with disappointment at work, we'll show you methods to enhance your resilience.

Looking after yourself and others

When someone you know is struggling, do you know what to do? Or what to say? And what about when you're struggling – do you have strategies in place to help you deal with adversity? This session will give you simple ideas on how to help you (or someone else) move forward.

Navigating through change and uncertainty

Although some people like the challenge of change, the Covid pandemic showed us just how much constant uncertainty can affect our mental wellbeing. In this session we'll explore the various stages of change and develop a blueprint to help you respond to them.



MASTERCLASS MODULES

These Masterclass Modules are designed for a more comprehensive investigation of the topics. Highly interactive, they were developed particularly for leadership teams but are suitable for all members of staff.

Trauma informed care

Trauma can have many faces. Understanding trauma and how it can impact individuals is the first step in finding solutions. This training would be useful for anyone dealing with, caring for or supporting individuals who have been traumatised or experienced trauma. In this session participants will learn:

- The principles of trauma informed care
- How to manage trauma in themselves and others safely and sensitively
- The principles of resilience and self-care
- Helpful and practical strategies to enhance wellbeing

Leading from the HEART

Good leaders want to help their people be their best selves. This session shows leaders how to put on their own oxygen mask first and ensure they have the skills to support others. In this session participants will learn the HEART strategy:

- **H**onour yourself and any challenges you have
- **E**mpathise, identify, and understand another person's situation, feelings, and motives
- **A**uthenticity – being highly aware, honest, and able to truly listen
- **R**esilience to help you grow from adversity and setbacks
- **T**ake time for yourself and others.



MASTERCLASS MODULES CONTINUED

The Accidental Counsellor

Asking people if they're OK is often just the beginning of the conversation. The key is knowing what to say after that. That's why this session is perfect for every member of staff, from the most junior to the CEO. Participants will learn how to:

- Develop a stronger understanding of factors that impact wellbeing
- Reduce the stigma of mental illness in the workplace
- Recognise the signs when someone else is struggling
- Discover how to have effective and meaningful conversations
- Know when to seek support and what is available.

Giving and receiving feedback

Feedback isn't something that should be saved up for an annual review. Regular feedback is critical in ensuring your people know whether they're meeting expectations or if there are improvements needed. In this session, participants will learn about:

- Enhancing psychological safety in your teams
- Bridging the gap between expectations and actual performance and behaviour
- Capitalising on unplanned feedback moments
- Preparing for and conducting effective feedback discussions
- Personalising your approach, based on the situation and the person
- Preparing for difficult or sensitive conversations



CONTACT US

Once you've decided which training courses you need, you can contact us to discuss a delivery method that will suit you and your people.

We can deliver at your premises either face-to-face or online.

Not sure which training to choose?

We can help with that too!

We'll talk through your training goals and work out the best options for your business and your budget. Call us for an obligation-free discussion and let's work together to improve mental wellness in your workplace!

Level 3
4 Railway Parade
Burwood NSW 2134

Phone: 0410 411 894
Email: info@psychleaders.com.au

