



Peak Services delivers deep expertise in the local government sector. We understand the business of councils. Challenge us.

OVERCOMING WORKPLACE CHALLENGES (1-day)

SYNOPSIS

In our one-day Overcoming Workplace Challenges workshop, we discuss overcoming the many challenges that can affect our busy workplace activities and teams.

This program provides the opportunity for team members to take a step back and evaluate their roles within the team; understand each other and review their own responses and actions within their team environment.

SHORT COURSE TOPICS

- Establishing team objectives
- Clarifying roles
- Locus of control (Julian Rotter,1954)
- Learned optimism
- Bouncing back
- Positive and negative stressors
- Planning and prioritising your tasks
- Reframing challenges and opportunities
- Be well rested
- Apps to keep you calm

LEARNING OUTCOMES

Participants will gain the skills and knowledge to help them alleviate the many challenges that can affect close knit teams.

COURSE DETAILS

Delivery

Our training course provides participants with an interactive session that includes group discussions, case studies, and question and answer sessions. Customisation is available and based on individual council requirements.

Delivery Mode

Peak Services delivers Virtual or Instructor-led training workshops inhouse at your venue.

Fees and Inclusions

Please contact Peak Services for course fees or a proposal for on-site/in-house training.

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REGISTER NOW
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Business Management Consultancy Services BUS249
 Prequalified Supplier Arrangement

