

Respond with Resilience

Managing difficult thoughts and feelings to thrive in an uncertain world.

Synopsis

Our half-day workshop teaches employees everyday coping skills to realise their own potential and, most importantly, to thrive at work. It helps employees develop positive mental-health attitudes* and identify and manage the daily stressors of life and work. Participants will learn:

- how to notice and neutralise unhelpful thoughts and feelings - anxiety, fear, sadness, guilt – which cause distress in our everyday lives
- new skills to lessen the impact and influence of our difficult thoughts.
- how to recognise negative avoidant behaviours which move us away from optimal living.
- identify important values in our work, health and family domains
- strategies to help live by these values, open up and connect with others

How is it Relevant?

This course addresses the new [SafeWork Queensland Code of Practice 2022](#) which addresses the risk of 'Psychosocial Hazards'** in the workplace. The updated Code and Regulations apply to all work and workplaces covered by the WHS Act 2011. The Code and Regulations both commence on 1 April 2023.

Target Audience

All employees have the opportunity to learn new skills to cope with everyday workplace stressors therefore, this course is suited to all staff from front-line service providers & administrators to supervisors, managers, senior managers and executives.

*As defined in the Workplace Health & Safety Queensland 'Mentally Healthy Workplace' Toolkit.

**As set out in the Model Workplace Health & Safety Regulations, Safe Work Australia.



Course Details

Delivery: Inhouse

Structure: Workshop / interactive

Time: 3 hours

Class Size: Max 20

Cost: On request

The Trainer

David Contarini is a dynamic and accomplished facilitator. David's career started from humble beginnings as a physical education teacher to delivering engaging content in the leadership, events, sports management, road safety education & health and wellness sectors. David holds a Master's Degree in Management and Diplomas in Teaching, Events Management and professional Counselling.

