



Harvest

HR & PEOPLE SOLUTIONS

Harvest HR & People Solutions

Professional Development 2020


Mental Health and Wellbeing

Mental Health and Wellbeing

Mental health and employee wellbeing continue to be an area of focus for many employers today. The Geelong HR Roundtables of 2019 on the topic “Mental Health and Mental Injury in the Workplace” and “Cultivating Resilience” were both oversubscribed. To accommodate the region’s, need in this area we have added additional events and added to our facilitation team to provide employers with the tools and resources to best manage their employees’ mental, health and wellbeing.

Event Timetable

Date	Event	Time	Topic
4 th & 5 th March	Accredited Workshop	2 Days 9am – 5pm	Mental Health First Aid Training
6 th May	HR Masterclass	8.45am – 12noon	What is EAP?
17 th June	HR Masterclass	8.45am – 12noon	Self Care
22 nd July	HR Masterclass	8.45am – 12noon	The Resilience Advantage
26 th August	HR Masterclass	8.45am – 12noon	Combatting Fatigue & Burn-out
16 th & 17 th September	Accredited Workshop	2 days 9am – 5pm	Mental Health First Aid Training
7 th October	HR Roundtable	9.30am – 11.30am	Cultivating Resilience
11 th November	HR Masterclass	8.45am – 12noon	Self-Care



mindfulness

Indicative Program

9.30am – 9.45am	Harvest Welcome and Overview
9.45am – 11.00am	Resilience & Wellbeing (Part A) As part of this module <ul style="list-style-type: none">– Understanding and recognising the importance of wellbeing in life and business.– Identifying Resilience and Tools for responding to and managing workplace scenarios
11.00am – 11.15am	Morning Tea Break
11.15am – 1.00pm	Resilience & Wellbeing (Part A)
1.00pm – 1.40pm	Lunch Break and Lunch Time Learning Activity
1.40pm – 3.00pm	Mental Health First Aid Check In (Part A)
3.00pm – 3.15pm	Brief Afternoon Tea Break
3.15pm – 4.25pm	Mental Health First Aid Check In (Part A)
4.25pm – 4.30pm	Close

Fee: \$295 + GST per person
Minimum Daily Fee \$2,950 + GST

This program is customisable – please liaise with Maree Herath, Director Harvest Talent Recruitment and People Solutions to discuss your specific requirements. Tel: 1300 363 128 Email: maree.herath@harvesthr.com.au

Please contact Ashleigh Durham, Executive Officer, Harvest Talent Recruitment and People Solutions on 1300 363 128 or email ashleigh.durham@harvesthr.com.au to book your professional development program.



