



Harvest

HR & PEOPLE SOLUTIONS

Harvest HR & People Solutions

Professional Development

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.

Furthermore, the mental health challenge has been further exacerbated during COVID and many workers cite “burn-out” from the COVID year as a fundamental challenge.

You can sample components of our mental health and wellbeing programs here;

Maintaining Mental Health & Wellbeing in Crisis – Five Part Series

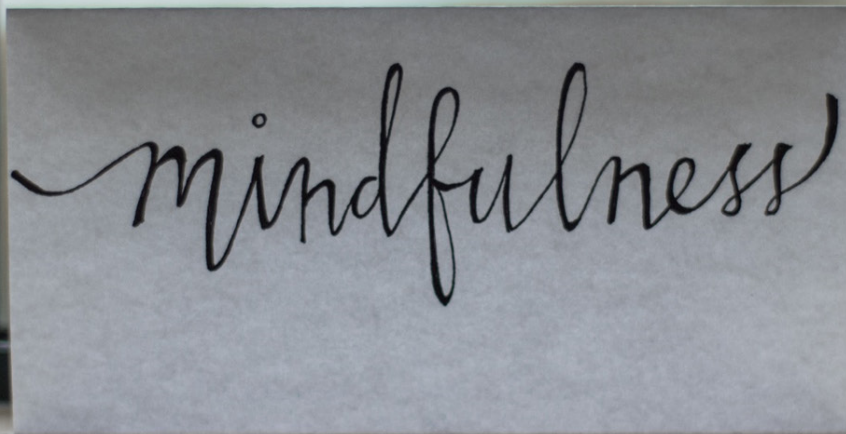
- The Resilience Advantage Program - https://youtu.be/Fp6U_3Kx7Bg
- Coping with Stress, Worry and Anxiety - <https://youtu.be/ln3isiAvvCM>
- Managing Mental Health Challenges and Applying Self Care Strategies - <https://youtu.be/obxIB-wsVDo>
- The Power of Mindfulness - <https://youtu.be/U0VtVHcB7U8>
- Accessing Employee Assistance and Personal Assistance Programs - <https://youtu.be/VJb8nxp9OVw>

HR Masterclass Resilience - Melanie Kearsey - <https://youtu.be/ta17PxTL01w>

“Mindset Matters” – Perspective makes a difference – Jem Fuller - <https://youtu.be/R1sgSerq1jc>

To accommodate the growing need for support in this area we have created a mental health and well-being program to provide business owners, employers and employees strategies, tools and resources to best manage their and their team members’ mental health and wellbeing. A sample program can be found on page 11. All can be co-designed with you according to your need.

An accredited Mental Health First Aid Training workshop is also offered under this banner.



Professional Development

Self-awareness, mindfulness and resilience in the workplace Full Day Workshop

This one day* professional development program will provide participants with a breadth of knowledge, interactive learning and insights to identify, respond and facilitate best practice in both the workplace and for oneself.

This one-day program, consists of online modules and workshop participation.

The program is interactive with a maximum of 25 participants with a full day's program and full program resources provided.

Learning Objectives (Technical)

- Identify what is resilience
- Learn and Develop strategies to become more resilient
- Mindfulness, focus and perspective
- Understand self and behavioural triggers
- How to manage responses to environmental triggers
- Recognise the important of a safe, transparent and supportive workplace
- Develop your sense of meaning

Participant Experience

Our Facilitators bring a practical and experiential approach. Participants will learn by accessing their own experiences in addition to hearing case studies and stories from the facilitators and the lessons they've personally learned along the way.

Participants will feel empowered to take control of their work and life journey and be able to respond to their own behavioural triggers and become aware of others' needs and know the steps to take to ensure a psychological safe workplace.

Key highlights

- Interactive
- Small group discussions
- Multiple facilitators providing you with various perspectives
- Practical – apply the tools immediately

Indicative Program

9.00am - 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">• Fostering psychologically safe workplaces• Leading with empathy & understanding• Navigating & tolerating uncertainty• Adapting to adversity• Adjusting expectations• Motivating others during a crisis• Compassion, fatigue and overwhelm• Self-care and restorative practices 15 minute leg stretch / Zoom break
11.15am - 1.00pm	Resilience & Wellbeing (Part B) 40 minute Lunch / Zoom break and Lunch Time Learning Activity
1.40pm - 3.00pm	Mindset & Mindfulness (Part A) Part of this module <ul style="list-style-type: none">• Focus & Perspective• The CIA acronym• Your meaning• Self-talk• Practices to position for positive experiences 15 minute Afternoon Team Break
3.15pm - 4.25pm	Mindset & Mindfulness (Part B)
4.25pm - 4.30pm	Close

Fee: \$550 plus GST per person
Minimum Daily Fee of \$5,500 plus 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

“Our ambition is to be the region’s most trusted end to end HR services firm”