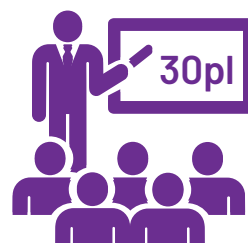




Equip your staff with practical tools to manage and respond to stress more effectively in the workplace

Workplace Stress Better



Designed to build an understanding between stress and anxiety. This workshop equips participants to respond to, manage and cope with stressors.

Suitable for: staff at all levels of an organisation

Effective as: team building program, preparing teams for change, major projects or peak period training

Customised to: address the specific operations of individual workplaces

Delivered by: trained educators and guided by the MIEACT DoNoHarm safe story telling framework.

Fee: \$1200 EX GST per session with up to 30 participants

This program will benefit your workplace by:

Building resilient teams by equipping staff with effective self-management skills

Optimising workplace performance when staff understand the effects of stress and how they respond

Driving a positive workplace culture by equipping staff with strategies to handle difficult situations

By the end of the session staff will:

Increase their understanding of stress and the effects it can have on them

Understand stress tolerance and the ways we hurt or help our stress levels

Identify areas of influence and control for individual stress

Learn simple strategies to respond to stress and identify when to seek help

mieact

mental health & well-being
education & training providers

For more information visit www.mieact.org.au