



HR & Future of Work Community

Driving Wellbeing Through Leadership

TRAINING

Supporting Mental Health, Wellbeing and Resilience Through Holistic Workplace Strategies



Facilitated by
MALCOLM DAWES
Managing Director
dta WORLDWIDE

Online → 7 & 14 April 2022



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Supporting mental health, wellbeing and resilience through holistic workplace strategies

The past two years have highlighted the importance of mental health and wellness in the workplace with some unprecedented challenges stemming from COVID-19, bushfires and droughts. Remote working due to the pandemic meant most employees had to juggle their jobs, home schooling kids and balancing unpaid work with work. It has become increasingly important to support the wellbeing and mental health of employees not only while they are at work, but also in their private lives which extend beyond work.

It is often presumed that an employee's mental illness is mostly caused by factors outside of the workplace. However, a particular work environment or a workplace incident can cause considerable stress and exacerbate, or contribute to, the development of mental illness. As we navigate the changing boundaries of work and home life, it has become crucial for organisations to support the wellbeing of their employees both in the workplace and beyond.

Through an innovative mix of lecture-style presentations, interactive group exercises and expert feedback, the Driving Wellbeing Through Leadership online training session will allow participants to increase organisational agility, streamline processes and implement modern wellbeing programs. Participants will leave with both theoretical and practical knowledge, as well as implementable strategies they can embed in future projects and share with their multidisciplinary teams.

Not Just a Training Session

- **Defining and understanding your own beliefs** and recognise how they affect your behaviours and the impacts on others in the workplace
- **Emotional Intelligence as an essential skill for a leader** and how to apply in day-to-day interactions
- **Develop your own resilience** and EI skills for everyday use - including understanding the basics of Awareness, Authenticity, Articulation and Assertiveness
- **Map your current wellbeing processes** to identify pain points, bottle necks and areas for improvement
- **Discover how to tackle windfalls in your wellbeing strategy** and ensure that skills and knowledge are maintained and developed for future adaptability and resilience

Who Attends

The Driving Wellbeing Through Leadership training has been specifically designed for anyone in the public sector space that works in HR and is looking to expand their technical knowledge and decision-making capabilities.

The course is suitable for those looking to expand on their knowledge of wellbeing methodologies, those looking to refresh their skills and explore new approaches and those looking to formalise their training with wellbeing best practices.

Meet Your Facilitator



MALCOLM DAWES
Managing Director
dta WORLDWIDE

Malcolm Dawes is the most sought-after authority on people performance and effectiveness. He is a recognised expert in showing people how to increase their interaction effectiveness through behavioural change. For many years, Malcolm has experienced first-hand the struggles senior executives face with accelerating the performance of their teams.

He has worked in organisations going through huge change due to mergers; downsizing and the global financial crisis. More recently he has worked with many teams on emotional intelligence and resilience through the global pandemic. He also managed his own business through these challenging times, ensuring it stayed operational and delivering to a depleted client pool.

Preparation

This workshop is highly interactive with group activities and discussions throughout. Come prepared with some current challenges you are facing in your organisation.

- To participate you'll need:
- A computer with camera and microphone
- Strong internet connection
- Quiet, well-lit space
- Current challenges you are facing

CLICK HERE TO REGISTER



Explore the Agenda

DAY 1 - 7 April 2022, 10am - 2pm AEST
Module One - Wellbeing Fundamentals

10:00am PSN Welcome and Introductions

10:05am Training Overview, Objectives and Outcomes and Icebreaker

- What do *you* want to achieve?
-

10:30am Belief - Emotion - Behaviour

- A model explaining our interactions with others
 - Beliefs as the foundation of wellbeing
-

11:40am Breakout Activity: An Introduction to Trust - What is it? How is it demonstrated?

- Define and describe trust
-

12:10pm Lunch Break

12:40pm Trust Feedback

- Creating your model of trust
-

1:10pm Emotional Intelligence Principles

- What is it?
 - Where does emotion come from?
 - How do we manage emotion?
-

1.55pm Review: Case Study Preparation Briefing

2:00pm Training Day 1 Close

DAY 2 - 14 April 22, 10am - 2pm AEST | Module Two - Emotional Intelligence

10:00am Review of Last Week

- Questions, queries and concerns
-

10:00am Emotional Intelligence (EI) and Resilience

- What is resilience and how do we get it?
 - How does EI link to resilience?
-

11:15am The Ten Attributes of Emotional Power

- Unpacking the ten attributes of emotional power
 - Understanding how the 'Emotional Power Model' can benefit your team
 - Why emotional intelligence should be a part of your wellbeing strategy
-

11:45am Breakout Activity: Four Resilience Attributes

- How to demonstrate and use the attributes in a work setting
-

12:05pm Lunch Break

12:35pm Group Discussion: Attributes Feedback

1:05pm Group Project: Case Study Review

- Application of emotional intelligence in the workplace
 - Receive professional feedback and constructive criticism from training facilitator
 - Discuss best practices and top tips for applying EI through leadership
-

1:55pm Summary and Closing Notes from Facilitator

2:00pm Training Close

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