

Creating a Culture of Caring Workshop

USING BEHAVIOURAL STRATEGIES TO INCREASE MENTAL HEALTH AND HAPPINESS IN THE WORKPLACE

Tuesday 4th May 2010 ▪ 1-5pm ▪ Crowne Plaza Coogee

This year we are incorporating a workshop, open to the public, for anyone wanting to learn how to make a difference in the mental health and happiness of the culture of a team or workplace, or simply in the life of a workmate - Learn how to identify mental health and happiness, and how to use the Principles of Behaviour to influence these in the people around you.

Participants will...

- Enjoy an interactive session hosted by SafetyWorks in collaboration with Mental Health NSW's Workplace Health Promotion Network
- Network with leader, employee and safety representatives from organisations all over Australia
- Learn what mental health is and troubleshoot real-life workplace examples
- Participate in the discussion around the "no news is good news" fallacy of injury and illness
- Learn the signs that someone might be needing some MH support and valuable resources for action
- Find out the latest on what "happiness" is and how it is achieved

...through engaging in discussion and activities around:

- Reinforcement – the behavioural methodology behind improving quality of life at work
- Understanding behaviour: using the ABC and PIC/NIC models to determine "why" a behaviour is occurring/not occurring
 - Including: why someone wouldn't get help and why someone would refrain from having a conversation with a person who needs support
- The 4-Step Observation Conversation: the recipe for a productive and enjoyable interaction
- Action Plan for making a difference in the workplace
- Support information on how to learn more and problem solve more easily

For more information contact SafetyWorks: info@safetyworks.com.au