

Workplace Education and Wellbeing

Working with you to support mental health, strengthen resilience and help your people thrive.



Where To From Here? Positively Managing Redundancy and Maximising Opportunities

During this time of unprecedented change, having the knowledge and resources to support your wellbeing and resilience will ensure you are best placed to face the challenges and seize opportunities ahead. Gain an understanding of physiological reactions to specific day-to-day threats, to increase your self-awareness and ability to learn, grow and approach an uncertain future in a constructive and positive way.



Recognising and Responding to Psychological Distress in the Workplace

Learn fundamental skills to recognise the signs and symptoms of mental distress and/or mental illness of an employee or colleague and how to acknowledge, support and respond appropriately.



Resilience: Develop, Adapt, Sustain

Resilience is what gives us the psychological strength to respond and adapt to stress, daily challenges and significant life events in a healthy, positive way. It is more than having the capacity to 'bounce-back'; it is proactively developing a mental reservoir that we can draw upon, replenish and never fully exhaust. This workshop will explore how we develop, maintain, adapt and sustain our resilience in order to preserve our wellbeing in challenging times.



Thrive and Revive: Managing Capacity and Reducing Overwhelm

Discover how to reduce overwhelm by assessing and managing your values, workload, behavioural style and personal capacity. Recognise your personal productivity patterns and coping strategies and learn to process stressful situations. Develop an action plan to implement change.

- Quality, affordable professional development
- Standard and tailored solutions
- Facilitated by experts in their fields
- Hold workshops onsite or at MHERC

Talk to us today about how we can help your people and business thrive -

Jude Gane Business Development Manager
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Suicide Prevention: Strategies for Workplaces to Identify and Manage Risk

One third of all suicides are men aged 20-40 and almost every one of these young men is in the workforce. In order to reduce our high suicide rate we must look at how we can help keep our colleagues safe. This workshop will look at how to confidently and safely talk to someone you are concerned about, and workplace suicide prevention programmes.

De-escalation: Effective Communication for Managing Distress

Develop skills to identify risks, signs and behaviours. Learn strategies to de-escalate an agitated person, whilst keeping yourself and others safe.

Managing Stress and Increasing Long-Term Wellbeing

Gain an understanding of the psychological and emotional effects of stress. Learn techniques to manage stress and enhance wellbeing, while engaging positive emotions.

Conflict Management: Achieving Solutions and Preserving Relationships

Those who understand conflict and their own reactions to it can manage difficult encounters with diplomacy, credibility and professionalism. Rather than fearing conflict you can become proficient at handling it with confidence and preserve relationships in a way that shows respect for yourself and others.

Strategies to Manage and Cope with Change

Gain an understanding of the psychological processes (attitudes, emotions and reactions) that underpin change and learn transition coping strategies.

Te Tiriti O Waitangi and Your Workplace

Explore how to demonstrate you and your workplace are working within Te Tiriti O Waitangi. Using your existing strengths to articulate and report confidently the specific actions being considered and applied. Sessions will be designed to meet specific gaps and or needs.

Understanding Diversity: Working Together in a Multicultural Environment

Explore the notions and challenges around workplace cultural diversity. Learn strategies for developing safe collegial workplaces and working well with colleagues whose ideas and beliefs are vastly diverse to your own.

Understanding Different Personality and Communication Styles in the Workplace

Miscommunication and confusion can lead to conflict and less than satisfactory outcomes in the workplace. Understanding our own communication and personality style is a key step in improving workplace relationships.

Minimising Alcohol and Drug Related Risks in the Workplace

Develop an understanding of the impacts of alcohol and other drug issues in the workplace, how to reduce drinking and drug use, minimise risk, how to have a brief intervention conversation with someone you are worried about, and where to seek help or resources.

Minimising Methamphetamine and Synthetic Drug Risks in the Workplace

Develop an understanding of methamphetamine and synthetic drugs, how to minimise the risk of harm in the workplace and where to seek help or resources.

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