

# Mental Health & Wellbeing in the Workplace Coping with Change

WORKPLACE  
TRAINING  
& SUPPORT  
SERVICE

Target Audience: **Individual (all levels of employees)**

Workshop Duration: **60 minutes**

Recommended Group Size: **Min. 6 – Max. 24**

## Workshop Overview:

Workplaces have a vital role to play in providing supportive environments that promote mental health, wellbeing and resilience in its people. This 60 minute program is designed to increase resilience and provide tools to support change within the workplace. It provides an understanding of the context for change, managing change at an individual level and practical strategies to cope with change.

## Primary Objectives:

- Support the process of change within workplaces.
- Provide the context on why change occurs.
- Provide practical strategies that can be applied at an individual level.

## Learning Outcomes:

- Improve participant capacity to cope with change in the workplace.
- Provide practical concepts that can be applied at an individual level to help cope with change.
- Support the mental health and wellbeing of staff who are impacted on by the change.

## Key Topics:

- The context and reasons for change.
- Managing change in the workplace.
- Coping with change.
- Taking a solution focused viewpoint.
- Positivity and change.
- Looking after your mental health and wellbeing during change.

## Resources:

- Program book and notes

For further information please contact: [admin@ozhelptasmania.org.au](mailto:admin@ozhelptasmania.org.au) or phone: (03) 6231 0919