



MINDFUL WORKPLACES

4 HOUR WORKSHOP

A powerful half day workshop to help you understand the signs of Psychosocial Safety in your team and create a mentally safe work environment.

BespokeHR

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WHO IS THE PROGRAM FOR?

This program is tailored for all businesses who are seeking strategies to understand, recognise, and address psychological challenges in the workplace. This workshop involves employees at all levels throughout the business who are committed to creating a supportive and resilient work environment.



PART 1: ALL EMPLOYEES

The first part of the workshop will involve participation from everyone! During this session participants will understand psychosocial safety and the signs to look out for, not just on an individual level but within their team.

WHAT YOU'LL WALK AWAY WITH

1

A comprehensive understanding of the psychosocial safety hazards within the workplace and what they look (and sound like).

2

Recognise the signs of psychosocial hazards and bring awareness to yourself, your team and your leader.

3

Effective strategies to master workplace stress from time management right through to mindfulness activities.

PART 2: LEADERS, DECISION MAKERS AND OWNERS

The second part of this workshop delves into understanding the risks involved for the business. Taking what we learnt in the part one, begin to develop effective strategies to improve mindfulness in the workplace and reduce the overall risk.

WHAT YOU'LL WALK AWAY WITH

1

An understanding of the legislative and workplace requirements concerning Psychological Safety.

2

Exploring tools and resources for identifying and monitoring workplace risks.

3

Implementing strategies to optimise the workplace environment for Psychological Safety.

4

Developing skills for initiating and facilitating conversations around mental health in the workplace.

PROGRAM INCLUSIONS

The Mindful Workplaces program provides:

- A half day (3-4 hrs) of intensive training and support for your team delivered by one of our expert facilitators.
- A comprehensive program workbook, including tools and templates that can be immediately integrate back into the workplace.

For more information or to discuss the specific needs of your team, please contact us via admin@bespokehr.com.au.