

Wellbeing

A happy and healthy workplace is critical to the success of your organisation. Organisational wellbeing has many components, from building a psychologically safe and a mentally healthy environment to promoting physical health and fitness.

This organisational wellbeing training program builds the capacity of participants to manage their own wellbeing and contribute to a happy and healthy workplace.

Audience

This workplace wellbeing training program is designed for all members of your organisation.

Outcomes

Learn how to:

- Manage stress better in the workplace
- Build long-term resilience to cope with change and stress
- Know what bullying and harassment is and how to deal with it
- Be assertive and communicate in a direct and open way
- Be confident supporting colleagues during times of stress
- Understand the legislation relating to bullying, harassment and workplace behaviour.

Tailored group training - in-house or through virtual workshops

Ask us how we will tailor this program to your organisation or team.

Benefits are that we tailor the:

- *Content* to suit your organisation's needs.
- *Delivery* to reflect your procedures, values, examples and terminology, which encourages participants to apply their new skills in their roles.
- *Duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at info@icml.com.au or start a 'chat' on our website icml.com.au/.

Virtual Workshops

We deliver programs in interactive, live online workshops, accessible from a device anywhere.

Highly impactful learning

- Replicating face-to-face workshop experiences through conferencing technology.
- Using extra features for engagement: polls, quizzes, chat, electronic whiteboard.
- Learning in multiple shorter bursts – allowing practice between sessions.

Benefits of virtual workshops

- Attend the training from the comfort of home or personal workstation.
- No travel time or expenses.
- Multiple short sessions – less impact on work.

Simple access

- You need: a device with camera and a quiet place.
- No software needed.
- Click on a link to gain access.
- Works on any personal device and most corporate systems.

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