



Professional & Personal Growth



LEARNING IN FOCUS

As part of our focus on **Professional & Personal Growth**, our Learning Library covers a range of informative and interactive sessions to support your people to be their best in life and work. The various evidence-based topics are mapped against our AccessEAP Wellbeing Model below.

Our facilitators include industry qualified and experienced Psychologists, Organisational Development Consultants, Counsellors and Trainers. To ensure learning success, we will partner with you to match your needs to the most appropriate facilitator.

All topics can be delivered in a variety of ways and we can be flexible to your needs. This can include face to face delivery or virtual using a platform such as Zoom or Microsoft Teams. We can deliver sessions as training modules, Q&A sessions, or pre-recorded webinars. There are a variety of ways we can meet your needs and would enjoy discussing with you further.

Please contact your Relationship Manager to learn more about how we can help you achieve your learning goals.



WELLBEING MODEL





Professional & Personal Growth



TOPICS

Healthy Lifestyle

- Catch the Clock – Mastering your Time
- Financial Strategies for the Successful
- Food & Mood
- Sleep Well

Psychological Wellbeing

- Accidental Counsellor
- Domestic & Family Violence Awareness
- Introduction to Mindfulness
- Manage Stress and Build Resilience
- Mental Health Awareness
- Positive Psychology: Learn How to Flourish
- R U OK? Day
- Self-Care to Prevent Burnout & Fatigue
- Verbal Self-Defence

Culture & Teamwork

- Constructive Conversations
- Dignity & Respect
- Diversity & Inclusion
- Effective Teams
- Effective Workplace Communications
- Applying Emotional Intelligence at Work
- Managing Challenging Behaviours
- Managing Workplace Conflict
- Sexual Harassment Awareness
- Workplace Bullying Awareness

Thriving through Change

- Manage Change: Adopt a Growth Mindset
- Organisational Change: A Strengths-Based Journey to Transformation

Leadership

All sessions listed above can be delivered to an audience of leaders to create a leader-specific learning experience. We also have many modules that contain leader-specific information and manager responsibilities. The most often requested modules are:

- Coaching Skills in the Workplace
- Constructive Conversations
- Diversity and Inclusion
- Domestic & Family Violence Awareness
- Organisational Change: A Strengths-Based Journey to Transformation
- Manage Change: Adopt a Growth Mindset
- Mental Health Awareness for Leaders

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