



R U OK? Day Topic Outline

About the topic:

R U OK? Day has become a national call to action. It is an opportunity to empower people to connect with others in a supportive way every day. This module will revisit the 4-step R U OK? conversation and boost your confidence to handle difficult conversations by understanding key skills/ principles.

What you will learn in this topic:

- Revisit the 4-step R U OK? conversation.
- Noticing change and preparing to have the conversation
- Improving your emotional intelligence
- What to do in the event you become an “accidental counsellor”
- Keeping the conversation going
- Where to access further support and resources.

Who is this topic for?

Anyone who wants to learn the tips to have meaningful R U OK? conversations with work colleagues, family, friends, and others in our community.

How can this learning be delivered?

| Delivery Method | Standard Duration |
|----------------------|-------------------|
| Live training | 60 minutes |
| Pre-recorded webinar | 30 minutes |

We invite you to partner with us for interactive and engaging live and online training for your people (e.g. Via Zoom). Alternatively, we would be pleased to deliver training face-to-face.





What other learning is available?

The topics below complement the learning gained from a R U OK? Day session. Talk to us about how we can assist you with other learning opportunities or how we can create a learning program for you.

- Mental Health Awareness
- Positive Psychology: Learn How to Flourish
- Manage Stress and Build Resilience

For further enquiries and bookings, please contact your Relationship Manager on **1800 818 728**.

