

## Q2 THRIVING & CONNECTED WORKPLACES

### LEADER TOOL

The learning solutions provided in this quarter aim to support your people's wellbeing. As we enter a new year with renewed hope, AccessEAP can work with your leaders and employees to provide a range of information and tools that promote wellbeing.



### LEVEL 1 AWARENESS

#### Wellbeing in Focus Tools

Raise awareness by distributing the below complimentary tools to your employees:

- Time Management Tactics
- Creating Diverse Workplaces
- Conversations that help us move through Conflict



#### WELLNESS SPOTLIGHT

This Quarter we are focusing on Sleep! Download our Wellbeing Postcard: Sleep Rituals for Rest.

### LEVEL 2 ENGAGEMENT

#### Webinars

Engage your employees with a webinar as a taster of the topics:

- Personal Effectiveness and Time Management
- Diversity and Inclusion
- Constructive Conversations

➤ To purchase a webinar please contact your Relationship Manager.

### LEVEL 3 EMBEDDING

#### Training Solutions

Embed lasting change through our training solutions:

- Personal Effectiveness and Time Management
- Diversity and Inclusion
- Constructive Conversations

➤ For a training solution please contact your Relationship Manager.

### AWARENESS DAYS

SEE OUR EVENTS PAGE FOR MORE AWARENESS DAYS.

#### QUARTER 1

- World Day for Safety and Health at Work
- International Day against Homophobia, Biphobia, Intersexism and Transphobia
- World Day for Cultural Diversity for Dialogue and Development

- 28 Apr
- 17 May
- 21 May

- Australia's Biggest Morning Tea
- International Men's Health Week
- Take Your Dog to Work Day

- 27 May
- 13 Jun
- 24 Jun

### CONNECTION TO BODY

Connection to Body is the act of knowing what your body needs to be nourished in a physical and psychological sense - what it needs not only to survive but to thrive.

- Connection to Body - Body Scan Activity