

# MINDSEYE TRAINING AND CONSULTING TRAINING SERVICES

Developed in partnership with your organisation, we can create a program tailored specifically to your learning outcomes. We also offer a wide variety of lunch and learn sessions with a focus on the individual, team or organisation. Please contact us to discuss.

## SUPPORTING OTHERS IN THE WORKPLACE

<b>Neurodiversity at Work</b> 3 hours	<b>Mental Health First Aid (MHFA)</b> 2 days	<b>CLEAR Conversations for Leaders and Managers</b> 4 hours
<b>MHFA Booster Sessions</b> 2 hours	<b>Responding to Distressed Callers</b> 3 hours	<b>Managing Aggression in the Workplace</b> 3 hours
<b>Managing Mental Illness in the Workplace</b> 4 hours	<b>Critical Incident and Crisis Management</b> 4 hours	<b>Vicarious Trauma / Compassion Fatigue and Burnout</b> 2 hours
<b>The Accidental Bully</b> 2 hours	<b>Supporting Menopause in the Workplace</b> 3 hours	<b>1 Day Wellbeing Conversations at Work</b> 1 Day
<b>1 Day Mental Health Toolkit for Managers and Leaders</b> 1 Day	<b>Recognising and Managing Burnout</b> 3 Hours	

## SUPPORTING THE INDIVIDUAL

<b>Mental Fitness</b> 8 hours	<b>Energy Management</b> 2 hours	<b>Improving Sleep</b> 2 hours
<b>Distress / Stress and Self Care</b> 4 hours	<b>Grief and Loss</b> 3 hours	<b>Boundary Management</b> 4 hours

## STRENGTHENING ORGANISATIONAL PRACTICES

<b>Enhancing Wellbeing: Psychosocial Influences at Work</b> 2 hours	<b>Cultural Safety in the Workplace</b> Varied	<b>Trauma Informed Practice / Trauma Informed Care</b> 3-5 hours
<b>Peer Support Program Training</b> 3-5 hours	<b>Building Psychological Safety in the Workplace</b> 4 hours	<b>Bystander Training</b> Varied