

Getting practical about workplace mental health

Local Government Workforce Risk Forum | Tuesday 20 April, 2021

Before 2020 hit us with a curve ball workplace mental health was already a significant issue for WA local governments. COVID-19 and the challenges of 2020 have compounded existing issues and the topics of mental health, stress management and resilience are more pressing than ever for local government leaders, people and risk managers.

Psychological injury claims have grown in recent years throughout WA, and LGIS has seen this reflected within the local government sector.

WA local governments are proactively seeking strategies to create mentally healthy workplaces to have happier more productive staff and reduce the number of psychological injuries within their organisations.

The Local Government Workforce Risk Forum has been developed recognising that safe supportive workplaces don't just happen – that they are created with intent and purpose.

This special event has been curated by LGIS to address issues currently faced by local governments. Over the course of the day experts in their field will explore:

- ✓ **Creating happy and resilient teams**
- ✓ **Thriving, happy and productive workplaces**
- ✓ **Psychological health and stress management**
- ✓ **How to fight fairly and be effective at work**
- ✓ **Local government insights, sector leaders share strategies and experiences**

Practical workshops

In the afternoon participants will take part in hands-on workshops with subject matter experts. Workshop facilitators will work with participants to explore local government scenarios and apply practical strategies learned in the workshops. Participants will leave each workshop with practical strategies that can be immediately implemented in their organisation.

Event details

The Workforce Risk Forum is a must for all WA local government leaders, risk and people managers. Spaces are limited so bookings are essential.

Date:	Tuesday 20 April, 2021
Time:	9:00 am to 4:30pm (morning tea, lunch plus sundowner drinks and nibbles)
Venue	Botanical Rooms, Crown Perth, Burswood.
Cost:	Full Day (presentations and workshops) - \$250 (+GST) per person Half Day (morning presentations only) - \$190 (+GST) per person
Bookings:	Complete the booking form and return to Anne Clarke at anne.clarke@lgiswa.com.au or call 9483 8850. For any queries please contact Anne Clarke.

This event is proudly supported by



Workforce Risk Forum

Time	Session
9:00 am	Registrations, networking, tea and coffee
9:20 am	<p>LGIS insights: local government, workers' compensation and psychological injury. What trends are LGIS seeing in local government workers' compensation? Join Renee Wockner as she sets the scene for the event and explores the current and emerging people issues within WA local governments.</p>
9:30 am	<p>Keynote Speaker – creating happy and resilient teams <i>Dr Tim Sharp The Happiness Institute</i></p> <p>A sought after public speaker, best-selling author of multiple books and audiobooks and a regular on Australian and International TV, Dr Tim Sharp aka Dr Happy is widely regarded as a leader in mental health and the authority on all things happiness in Australia.</p> <p>With three degrees in psychology (including a Ph.D.) and an impressive record as an academic, clinician and coach, Dr Happy is a passionate professional with a wealth of experience both in the field and the media.</p> <p>Actively involved in research, education and practice, he is the founder and CHO (Chief Happiness Officer) of The Happiness Institute, Australia's first and now largest organisation devoted solely to enhancing happiness in individuals, families and organisations.</p>
10:15 am	<p>Psychological health and stress management <i>Ian Shakespeare CEO SMG Health</i></p> <p>Psychological Health, while always being an essential pillar of holistic wellbeing, has become more prominent and resonant in most of our minds since the advent of COVID-19.</p> <p>Like many challenges in our lives this is one which impacts us personally - in our private and working lives. It requires structured, innovative, but realistic approaches to effectively manage the increased stressors and challenges it has created. This presentation, while taking a broad overview of the importance of psychological health for personal and workplace health, safety, and performance, will then focus on some specific stress management strategies aligned with the challenges we all face today.</p>
10:45 am	MORNING TEA
11:05 am	<p>Curtin University – Thrive @ Work Project <i>Associate Professor Karina Jorritsma Future of Work Institute, Curtin University</i></p> <p>For Australia to embrace changes in the future of work, we need people within organisations that are mentally healthy, and beyond that – Thrive – in their work.</p> <p>In a thriving organisation, the mental health of all employees is protected and supported, regardless of cause. While supporting those experiencing a mental illness is a vital part of any well-being initiative, there is an opportunity to do more to protect against psychological harm and provide an environment that fosters the development of positive mental health. Work is more than just a place to survive each day, good work provides opportunities for meaning, connection, learning and growth, which in turn support employees to thrive.</p> <p>Karina will provide an overview of the world- leading, evidence-based Thrive at Work initiative that helps organisations to navigate the wealth of information on mental health at work.</p>

Time	Session			
11:35 am	<p>How to fight fairly and be effective at work</p> <p>How do we help people work well together, without losing the unique contributions, ideas, and innovations that difference provides?</p> <p>This session is for everyone in an organisation who needs the capability and confidence to turn difference from a force for dysfunction into a force for functioning positive relationships, creativity and effectiveness.</p>			
12:05 pm	<p>Local Government Insights – Panel Discussion</p> <p>Join local government leaders as they explore the issues of psychological injury, mental health and wellbeing and the strategies they use in their organisation.</p>			
12:45 pm	LUNCH			
1:30 pm	<p>Concurrent workshops</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Workshop 1: Skills for embracing difference</p> <p>For many people, the most difficult part of resolving a conflict is raising the issue with the other person and seeking to reach agreement about resolving things. Many people overlook the most important part – preparing yourself and your approach. Each part of the conversation is important and each step requires specific skills.</p> <p>In this practical session, attendees will cover a proven approach to having an effective conversation aimed at resolving a conflict.</p> <p>Participants will develop topics and scenarios from their own experience to explore the process.</p> </td> <td style="vertical-align: top;"> <p>Workshop 2: Creating a workplace where people thrive <i>Assoc. Prof Karina Jorritsma, Curtin University</i></p> <p>The Thrive at Work initiative has been developed in consultation with industry and an extensive evaluation of the academic literature. The result is a comprehensive framework that provides organisations with a clear set of evidence-based strategies to address the full spectrum of mental health. The Thrive at Work Framework consists of nine building blocks, clustered within three over-arching pillars.</p> <p>Karina will take workshop attendees through the Framework and key evidence-based strategies that assist in the achievement of the building blocks.</p> </td> <td style="vertical-align: top;"> <p>Workshop 3: Stress management and psychological first aid <i>Ian Shakespeare and Rose Zaffino, SMG Health.</i></p> <p>This workshop will provide all participants with an overview of the principles of Psychological First Aid and how it is applied effectively in the workplace.</p> <p>Participants will then be allocated into smaller groups with each group provided with a workplace scenario where an application of psychological first aid would be appropriate.</p> <p>The groups, with facilitators' guidance, will discuss strategies in how they would deal with the issue(s), develop an action plan that they will then feed back to the whole group for further discussion.</p> </td> </tr> </table>	<p>Workshop 1: Skills for embracing difference</p> <p>For many people, the most difficult part of resolving a conflict is raising the issue with the other person and seeking to reach agreement about resolving things. Many people overlook the most important part – preparing yourself and your approach. Each part of the conversation is important and each step requires specific skills.</p> <p>In this practical session, attendees will cover a proven approach to having an effective conversation aimed at resolving a conflict.</p> <p>Participants will develop topics and scenarios from their own experience to explore the process.</p>	<p>Workshop 2: Creating a workplace where people thrive <i>Assoc. Prof Karina Jorritsma, Curtin University</i></p> <p>The Thrive at Work initiative has been developed in consultation with industry and an extensive evaluation of the academic literature. The result is a comprehensive framework that provides organisations with a clear set of evidence-based strategies to address the full spectrum of mental health. The Thrive at Work Framework consists of nine building blocks, clustered within three over-arching pillars.</p> <p>Karina will take workshop attendees through the Framework and key evidence-based strategies that assist in the achievement of the building blocks.</p>	<p>Workshop 3: Stress management and psychological first aid <i>Ian Shakespeare and Rose Zaffino, SMG Health.</i></p> <p>This workshop will provide all participants with an overview of the principles of Psychological First Aid and how it is applied effectively in the workplace.</p> <p>Participants will then be allocated into smaller groups with each group provided with a workplace scenario where an application of psychological first aid would be appropriate.</p> <p>The groups, with facilitators' guidance, will discuss strategies in how they would deal with the issue(s), develop an action plan that they will then feed back to the whole group for further discussion.</p>
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3:00 pm	<p>SUNDOWNER</p> <p>Unwind at the end of the day with local government colleagues over a drink and a nibble. Chat with the days' presenters, connect with LGIS panel provides and review the day with fellow attendees.</p>			

Booking form

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Complete the registration form below and return to Anne Clarke at LGIS by **Tuesday 13 April 2021** to anne.clarke@lgiswa.com.au or fax to 9483 8898.

Registration inclusions

Full day registration	Half day registration
- Keynote speaker, Dr Tim Sharp	- Keynote speaker, Dr Tim Sharp
- Morning presentations	- Morning presentations
- Afternoon workshop	- Morning tea and lunch
- Sundowner networking event	
- Morning tea, lunch, and sundowner refreshments and cocktail food.	

Registration details

Local government:

Contact name:

Contact phone:

Contact email:

Event date	Full Day (\$250 +GST)	Half Day (\$190 +GST)	Attendee name	Position	Dietary req.
Workforce Risk Forum Tuesday 20 April 2021	<input type="checkbox"/>	<input type="checkbox"/>			
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A tax invoice will be sent following registration.

Full day total number of attendees X \$250

Half day total number of attendees X \$190

Total invoice amount

GST

Total inc GST

Terms and conditions

LGIS Understand that circumstances may arise which prevents a delegate from attending once registered. In this instance LGIS will accept a substitute. Registrations cannot be shared. In the event that the registration is cancelled LGIS will charge a 30% fee to meet administration cost for registrations cancelled more than 14 working days prior to the event. No refund will be made for registrations cancelled less than 14 days prior to the event.