



LifeWorks Learning



Seminars

Improving lives. Improving business.

www.lifeworks.com/au

Mental Health

Our one hour seminars are designed to give employees a clear understanding of relevant issues while also reminding them about your Employee Assistance Program (EAP).



Vicarious trauma

Participants will develop an understanding of vicarious trauma while also exploring how to proactively build their resilience. This will be done through obtaining strategies to build self-awareness, boundary setting, and effective after-work recovery. Support avenues and steps to take if affected by vicarious trauma will also be reviewed.

Productivity hacks

Time management is a vital skill for managing in this modern economy. This workshop aims to help participants examine their productivity and give insight into where they can improve. Participants will be given practical tips to help manage time, prioritise effectively, and adapt their work routines to support productive work in a range of settings.

Mental health in the workplace

Mental health is important in every part of our lives. Participants will explore the continuum of mental health and review common signs and symptoms of distress. Participants will review how to have a supportive conversation using the CARE+ model. There will also be opportunity to develop an individual self-care.

Everyday mindfulness

Mindfulness is increasingly recognised as a valuable wellbeing tool, but we rarely explore how to practically implement it. This workshop will address what mindfulness is, why it works, and how it is beneficial. Importantly, participants will walk away with some tangible tips for integrating mindfulness into their life.

Building resilience

This workshop aims to explore what holistic resilience looks like in a modern world. Participants will examine skills in two core resilience domains (social support and emotional regulation). Skills covered include improving communication and examining automatic thoughts and mindfulness.



No matter what sector you are in we partner with you to provide practical solutions to everyday problems.

Developing new habits

This workshop aims to develop an understanding of how habits form and explores how to identify if current habits are still helpful in our new volatile environment. Skills and tools will be reviewed to help participants identify and target new beneficial habits to integrate into their routine.

Managing anxiety

This workshop aims to explore the general nature of anxiety and its impacts on individuals. Participants will reflect on common barriers to overcoming anxiety and will review strategies to support overcoming these obstacles.

Understanding burnout

This workshop examines the relationship between stress and burnout, with the aim of supporting participants to better recognise when their wellbeing is impacted. Signs of burnout, and practical strategies to manage stress will be covered, including tips for developing realistic optimism and improving problem solving.

Benefits for your organisation

- Strengthens employee skills.
- Increases employee motivation and morale.
- Creates a learning organisation.
- Creates awareness of critical issues.
- Contributes towards a caring and inclusive workplace.
- Complements learning and development programs.
- Improves networking and connectedness.



Our seminars are developed by our senior psychologists and are specifically developed from our experience providing EAP services

Constructive communication

Participants will develop an understanding of how personal communication style can affect relationships and outcomes. Participants will review practical skills to improve non-verbal and verbal communication techniques across a range of different audiences.

Sleep better, feel better

The aim of this workshop is to support participants to better understand and manage their sleep. Participants will explore how sleep works and how it can affect your everyday functioning. Practical skills to help improve sleeping habits will be reviewed.



Thriving through change

This workshop aims to explore the nature of modern change and examines the impact of this change on the brain. Participants will reflect on their personal response to change and will review strategies to support effective adaptation to change. Avenues for support during times of change will be touched on.

Practical stress management

Stress is one of the biggest health concerns in the modern world. To help build effective responses to stress, this workshop will explore the difference between helpful and unhelpful stress and our biological response to stress. Practical mindfulness-based strategies will be reviewed to support in-the-moment stress management.

Managing challenging customers

Emotionally charged customer interactions can be highly challenging for team members. This workshop will explore self-regulation and effective conversation frameworks to support mutually beneficial conversations. Tips for moving on after challenging conversations will also be explored.

Vision and goal setting

This workshop aims to develop an understanding of the benefits of vision and goal setting. Participants will be given tools to help create personal resilience visions, and then work through practical strategies to support vision-aligned goal setting.

Managing work life balance

This workshop aims to help participants to gain a holistic view of work-life balance. Participants will be supported to identify what a successful work life balance is to them. Practical skills around boundary setting and using time effectively will be reviewed. There will also be opportunity to develop a care-plan to help improve their balance.



We offer a range of building blocks designed to assist both individuals and organisations succeed within their workplace, their career and their personal lives.



Physical Health and Wellbeing

These one hour seminars are designed to empower your staff with knowledge in skills in a variety of health fields.



General Wellbeing

Sleep better, feel better

Insufficient sleep leads to a plethora of physical, mental and emotional problems. This seminar outlines different sleep patterns, what happens when you do not get enough restful sleep and provides practical and easy strategies to establish a good routine for a restorative night's sleep. Topics include:

- How much sleep we need
- Factors that affect sleep
- Stages of sleep
- Practical steps for good sleep habits

Ergonomics: Empower your spine

In this session we equip participants with the skills and knowledge to adapt their working environment to suit their individual requirements. During the session, there will be an emphasis on:

- How the spine works
- Correct posture
- How to correctly set up a workstation
- Stretching and core stability

Silent cardiac risk factors

Cardiovascular disease is the leading cause of death and disability in Australia. The sad part about this is that it can often be prevented with a few lifestyle changes. Don't let yourself or your staff become a statistic; this seminar answers the following questions:

- What is Cardiovascular Disease?
- What the risks?
- What are the signs that someone is having a heart attack or stroke?
- What can we do to prevent CVD?

Sun safety

Skin cancer will affect most Australians in their lifetime, therefore the importance of sun safe practices cannot be understated. In this session we look at what skin cancer is, how protected you are, how you can be sun safe and performing self-checks.

Energise your everyday

We all want to get the most out of every day and the way we treat our body can lead us to either excel or deflate. In this session we cover:

- The importance of quality sleep
- Preventing afternoon tiredness
- Understanding the glycaemic index
- Good hydration
- The impact of convenience food

Nutrition

Pantry Makeover (30 mins)

In this session, a LifeWorks nutrition professional explores tips on how you can makeover your pantry to assist in making healthy food choices. This session includes menu planning tips, pantry staple items, as well identifying the “extra calorie culprits” which can be picked out and removed from our daily pantry.

Menu planning

Menu planning is the core of a controlled diet and often the key to preventing unplanned high-calorie indulgences. In this session we cover:

- The current Australian dietary guidelines
- Portion control
- Designing the perfect plate
- How to plan your meals
- Technology to assist your journey

Benefits of healthy eating

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease
- Supports healthy pregnancies

Women’s health

Gender can present unique health issues across one’s lifetime. In this session we delve into the most pressing health matters for women in Australia, this includes:

- The different life stages of a woman
- Cardiovascular disease
- Cervical cancer, ovarian cancer and breast cancer
- PMS and menopause
- Osteoporosis

Healthy Lunch Ideas (30 mins)

A qualified LifeWorks nutrition professional leads the session, where we explore tips and strategies in making and choosing healthier options for everyday meals and snacks, with a particular focus on the workday lunch. We include an exploration of the psychological triggers that can affect our eating patterns and how to set yourself up for a nutritious day.

Eat smart, work smart

Good nutrition not only benefits our physical health, but our overall daily wellbeing. In this session we cover:

- The right foods for on-going energy
- The importance of hydration
- The impact of caffeine and alcohol
- Managing your meals



Physical Health

Physical activity for the busy worker

Even elite athletes go through peaks and troughs with exercise motivation. This seminar will discuss strategies which enable participants to stay on track and to fit exercise into their busy schedule. The following components are covered in this seminar:

- Getting started on your exercise program
- Barriers to exercise and how to overcome them
- Staying motivated and focused on your exercise goals
- 5-minute fitness – exercises you can do at home or on the road

Stand up for your health

No longer is it enough for us to exercise outside of work, but research is telling us that sitting time is also critical to health. In this hot new topic we cover points such as:

- How much we actually sit during the day
- Why it's important to stand up for your health
- Ideas for how to 'take a stand'
- Fun desk exercises

Physical health for mental health

The different facets of our health are intrinsically linked to each other. Our physical health can have profound effects on our mental health and vice versa. In this session we explore:

- The purpose of good nutrition and nutrition principles
- The effects of alcohol
- Sleep and our mental health
- The benefits of exercise
- Overcoming barriers to activity and the stages of change

Achieving peak wellbeing

In a modern busy life, competing priorities often means health takes a back seat. This one-hour workshop takes participants on a journey designed to help balance work, family, finances, physical, psychological health and social life. This is an interactive workshop where participants plan, problem solve and commit to a better future. It includes both the benefits of a balanced life as well as goal setting and action planning to ensure participants leave with specific outcomes as well as increase awareness.



