

# OPEN TRAINING MANAGEMENT DEVELOPMENT PROGRAMS



“ Empower your leaders to help them foster a safe, collaborative, & supportive work culture ”



## Professional & Personal Growth

Leaders and managers have a key role in promoting a healthy workplace environment, and ensuring employees are supported and valued.

The Management Development Programs are specifically aimed at supporting the learning needs of people leaders and managers through Open Training.



## Management Development Programs

The Management Development Programs assist managers who want to develop and deepen their learning in the leadership space.

The training experience will assist leaders with:

- Developing foundational interpersonal leadership skills such as coaching, having a constructive conversation and time management
- Identifying and managing potential psychosocial risks ranging from mental health, workplace bullying, burnout, conflict, and critical incidents
- Fostering positive relationships and social interactions between co-workers
- Creating a collaborative, supportive work culture and promote team building
- Employee retention and improve workplace satisfaction.

### The Four Programs Offered:

#### Foundational Skills

For leaders who want to communicate effectively with their staff, get the most out of their own time and help bring out the best in their team to create a strong and effective team environment.

#### Communication and Conflict Skills

For leaders who want to deepen their learning in response to conflict, improve their ability to have constructive conversations and manage workplace bullying.

#### Wellbeing Management Skills

For leaders who want to deepen their understanding about mental health and how to support their people who may be experiencing mental health issues. The program also assists with identifying and preventing burnout and fatigue.

#### Leadership Skills

For leaders who want to deepen their understanding about emotional intelligence, how to support their people during challenging times of change and manage critical incidents.

#### Location:

Online via Zoom.

If you would like to organise the program specifically for your people face to face, please speak to your main contact at AccessEAP.

#### Participants must attend all three sessions.

Each program comprises of three sessions.

It's important that participants attend all three sessions. The sessions build on each other and enable participants to work together to learn new skills.

All sessions include Q&A and activities which allow participants to ask an expert facilitator questions regarding the content or assistance in solving challenges faced at work.



### Getting started

Book directly through our [Open Training Page here](#) or if you have any queries, please speak with your main contact at AccessEAP.



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