



## Professional & Personal Growth



# LEARNING IN FOCUS

As part of our focus on **Professional & Personal Growth**, our Learning Library covers a range of informative and interactive sessions to support your people to be their best in life and work. The various evidence-based topics are mapped against our AccessEAP Wellbeing Model below.

Our facilitators include industry qualified and experienced Psychologists, Organisational Development Consultants, Counsellors and Trainers. To ensure learning success, we will partner with you to match your needs to the most appropriate facilitator.

All topics can be delivered in a variety of ways, and we can be flexible to your needs. This can include face to face delivery or virtual using a platform such as Zoom or Microsoft Teams. Topics can be delivered to groups of employees, groups of leaders, or combined groups. Topics with content specifically for leaders are noted in the title. We can deliver sessions as training modules, Q&A sessions, or pre-recorded webinars. There are a variety of ways we can meet your needs and would enjoy discussing with you further.

Please contact your Relationship Manager to learn more about how we can help you achieve your learning goals.



## WELLBEING MODEL





## Professional & Personal Growth



# NEW & REFRESHED TOPICS

## Healthy Lifestyle

- Personal Effectiveness & Time Management
- Financial Strategies for the Successful
- Food & Mood
- Men's Wellbeing

## Psychological Wellbeing

- EAP Awareness for Employees
- Accidental Counsellor
- Domestic & Family Violence Awareness for Employees
- Manage Stress & Build Resilience
- Mental Health Awareness for Employees
- Positive Psychology: Learn How to Flourish
- R U OK? Day
- Self-Care to Prevent Burnout & Fatigue
- Verbal Self-Defence

## Culture & Teamwork

- Constructive Conversations
- Diversity & Inclusion
- Effective Workplace Communication
- Apply Emotional Intelligence at Work
- Conflict Resolution: Building Healthy Workplaces
- Workplace Bullying & Harassment Awareness for Employees

## Thriving through Change

- Manage Change: Adopt a Growth Mindset
- Organisational Change: A Strengths-Based Journey to Transformation
- Skills for Interview Success
- Create a Stand-Out Resume

## Leadership

- EAP Awareness for Leaders
- Coaching Skills in the Workplace
- Mental Health Awareness for Leaders
- Workplace Bullying & Harassment Awareness for Leaders
- Domestic & Family Violence Awareness for Leaders

**NB. All existing topics have been refreshed and redesigned with new topics added.**

**Most topics across all category headings can be adapted for a leadership audience as required.**

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