

# Supporting Employee Mental Health During Organisational Disruption



New  
online  
course

## Are you ready for the next workplace disruption?

The world of work and how staff show up mentally and physically to the workplace has changed forever.

This course will furnish you with the practical tools and knowledge to support employee mental health in the face of organisational disruption.

From global pandemic to economic recession and beyond – prepare yourself with the skills to lead a resilient team.



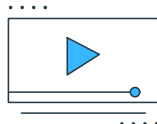
### Latest thinking

Psychological safety is the new workplace non-negotiable.

Both internal and external events can cause serious organisational disruption impacting the productivity and wellbeing of staff. Uncertainty and worry at work often create a problematic mix of anxiety, poor workplace dynamics, and conflict.

But when employees feel safe, supported and valued – especially in the face of turmoil – they are more productive, resilient and happier.


This course is designed for supervisors and managers at all levels to develop the skills and knowledge to support the psychological health of staff and teams during times of disruption now and in the future.





### Instructor-led





### Self-paced

 Business risk & organisational disruption

 Psychological health & safety

 Contribute to communications & consultation

 Support employees in distress

 Maintain a positive workplace during disruption

# Enrolment

Enrolling online at [mitraining.edu.au](http://mitraining.edu.au) is simple and only takes a few minutes. Or, complete this form and email it to [enquiries@mitraining.edu.au](mailto:enquiries@mitraining.edu.au). We'll be in touch to arrange payment and confirm your booking.

## COURSE DETAILS

Supporting Employee Mental Health During Organisational Disruption  
Course fee: \$290 per person  
Mode: Self-paced, online

DATE OF ENROLMENT

 /  / 

## PERSONAL INFORMATION

Full Name :

Position :

Company :

Email :

Gender :  Male  Female  Other

Address :

Post Code :

Phone :

## ADDITIONAL PARTICIPANTS

Full Name :

Email :

Full Name :

Email :

## CONTACT US

23 Finchley Street, Milton Qld 4064 (Head Office)

1300 549 190 [enquiries@mitraining.edu.au](mailto:enquiries@mitraining.edu.au)

THANK YOU FOR YOUR ENROLMENT