

OzHelp Community Training 2010

Course Title	Description
<p><i>Sessions are half day unless stated otherwise</i></p> <p>SafeTALK</p> <p>18 March 13 May 28 July 17 September</p>	<p>SafeTALK teaches participants to recognise people with thoughts of suicide and to connect them to suicide first aid resources. This half day workshop offers a carefully crafted set of helping steps and the use of creative education processes to make it possible for attendees to leave SafeTALK willing and able to be suicide alert helpers.</p>
<p>ASIST COURSE (Applied Suicide Intervention Support Training) -</p> <p>2 Days</p> <p>22/23 February 20/21 May 16/17 August 25/26 November</p>	<p>This two day skills-based workshop will equip you for an effective suicide intervention should you encounter someone at risk. The emphasis is on suicide first aid i.e. helping a person at imminent risk to stay safe and seek further help.</p> <p>Target Participants</p> <p>You should attend if:</p> <ul style="list-style-type: none"> • You have responsibility for others in the workplace or • You would like to become more confident in knowing when to be concerned about possible suicide risk; • You want to translate your concern into knowledge and skills about how to help promote their safety; • You are familiar with general suicide intervention ‘tips’ but realise that you need more practical tools to help;

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	<ul style="list-style-type: none"> You want to establish or strengthen links with others in your industry/community committed to preventing suicide
ASIST Tune-Up 7 April 1 December	<p>ASIST Tune-Up is a four hour refresher available to those who have completed a two day ASIST workshop in the past two years. The workshop is designed to consolidate and refine previous ASIST learning, as well as provide participants with opportunities for new learning, sharing how ASIST is applied in the 'real world' and sharing what they have learned from applications in the real world.</p> <p>By completing the Tune-Up workshop participants can reconfirm their ability to be willing, ready and able caregivers who:</p> <ul style="list-style-type: none"> Explore invitations for help Talk openly, honestly and directly about suicide Review risks and create a safeplan Know local resources and how to access them Follow up on safeplan commitments
The following sessions can be delivered in your Workplace	For further details please contact vyne@ozhelp.org.au
Communication: Learning Styles	<p>The goals of this session are to establish a theoretical framework of communication and introduce participants to different learning styles.</p> <p>Upon completing this session participants will be able to:</p> <ul style="list-style-type: none"> Understand the process of communication and its complexity

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	<ul style="list-style-type: none"> • Understand the power of non-verbal communication • Recognise different learning styles • Identify personal learning styles • Describe how learning styles impact on effective communication • Identify ways in which knowledge of learning styles can be incorporated into everyday work and life
Communication: Values and Beliefs	<p>The goal of this session is to build on the theoretical framework of communication and explore and clarify personal values and beliefs.</p> <p>Upon completing this session participants will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of listening in effective communication • Recognise communication breakdowns and barriers • Identify alternative responses to avoid breakdowns and barriers • Identify personal values and beliefs • Describe how values and beliefs impact on their interactions and behavior
Communication: Conflict Resolution	<p>Through practical exercises and discussion participants will understand the need and importance of conflict resolution as part of effective communication. Skills and strategies will be applied both at work and outside the work place. This seminar is designed to assist workers and workplace managers in resolving difficult conflicts that can arise in every workplace. It examines different temperaments and personality styles, preferred outcomes of each of these styles and how to negotiate a win/win scenario.</p>
Mental Health in the Workplace	<p>Traditionally, mental health literacy is poor; therefore it is necessary to raise awareness of mental health and</p>

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	mental illness. In this session participants will understand the delineation between mental health and mental illness; be able to identify the signs and symptoms of depression, anxiety and psychosis; be more empathetic to those who experience a mental illness and identify the importance of maintaining personal wellbeing.
Resilience and Assertiveness	This half day session introduces participants to the concept and components of resilience while providing practical information and activities to increase understanding of some key factors within these components. Emphasis will be placed on assertiveness as one of these key factors.
Workplace Bullying	This half day session is designed for participants to learn about the nature of workplace bullying and the importance of preventing its damaging effects, by creating a workplace culture that embraces respect for one another.
	We can also provide tailor-made, professional development workshops relevant to workplace and community issues. These workshops improve knowledge, skills and attitudes aimed to enhance personal and organisational effectiveness and productivity.

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