

PSYCHOSOCIAL AWARENESS WORKSHOP



This workshop builds skills to identify and respond to psychosocial risks, promoting mental wellbeing and workplace safety.



DEVELOP SKILLS FOR SUPPORTIVE AND PSYCHOLOGICALLY SAFE COMMUNICATION

WORKSHOP DURATION:

2-4 hours face to face or virtually

Build essential skills to recognise and respond to psychosocial risks. This interactive workshop provides practical tools to identify early warning signs, support wellbeing, and foster a psychologically safe environment for all stakeholders.

CONTACT LUXEDUCATION TO FIND OUT MORE

ABOUT LUXEDUCATION

LuxEducation was founded by Ming Ting-Little in 2016 with a vision to simplify training program development through tailored solutions and innovative thinking. With a single point of access to tailored training solutions, we strive to design programs that are best suited to your employees' training needs. By working closely with you, our team of experts will identify your organisation's training needs, provide you with the most viable options and ensure the program is of best fit. Contact us to find out more.

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HAVE YOU OR YOUR TEAM EXPERIENCED ANY OF THE FOLLOWING?

- ✓ Increased stress or anxiety due to high workload or tight deadlines
- ✓ Conflict or tension among team members affecting morale and performance
- ✓ Lack of support from supervisors or colleagues during challenging times
- ✓ Difficulty concentrating, fatigue, or emotional exhaustion
- ✓ Poor communication leading to confusion or misunderstandings
- ✓ Feeling isolated, excluded, or undervalued at work
- ✓ Hesitation to raise mental health concerns due to fear of stigma

COURSE OUTLINE & OVERVIEW

1. INTRODUCTION

- Welcome and objectives of the workshop
- Importance of psychosocial awareness in the workplace
- Overview of psychosocial hazards and their impacts



2. UNDERSTANDING PSYCHOSOCIAL RISKS

- Definition and types of psychosocial hazards
- Common causes (e.g., workload, poor support, conflict)
- Legal and organisational responsibilities

3. RECOGNISING THE SIGNS

- Early warning signs in individuals and teams
- Case studies and real-world examples
- Interactive activity: What would you notice?



4. RESPONDING EFFECTIVELY

- How to approach and support affected individuals
- Communication strategies for psychological safety
- Referral pathways and escalation processes

5. PROMOTING A SUPPORTIVE CULTURE

- Building trust and openness within teams
- Leadership's role in mental health awareness
- Tools and initiatives for ongoing support



6. CLOSING AND NEXT STEPS

- Key takeaways and personal action planning
- Resources and support available
- Feedback and evaluation

*“Workplace wellbeing is not a luxury;
it is essential to performance and resilience”*

Dr Vivek Murthy

LEARNING OUTCOMES AND OBJECTIVES

- Define psychosocial hazards and their effects on mental health and workplace performance
- Recognise early warning signs of psychosocial stress in themselves and others
- Identify common workplace risk factors such as excessive workload, poor communication, and low support
- Respond appropriately to psychosocial risks using practical strategies and organisational support pathways
- Promote psychological safety and resilience within teams
- Understand employer responsibilities and relevant legislation relating to psychosocial risks
- Apply early intervention techniques to reduce harm and support recovery

WHAT'S NEXT?

CONTACT LUXEDUCATION TO DISCUSS OR TO BOOK IN YOUR WORKSHOPS

Our comprehensive training solutions are designed to equip your team with the skills and knowledge they need to excel. By investing in your team and their training, you're investing in the future of your company.

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