Workplace wellness seminars

**Accidental Counsellor**

This workshop is designed to assist employees who are not trained counsellors but find themselves in a "counselling role by accident" within their organisation. Participants will be equipped with a basic understanding of the communicative skills in counselling and their principles, to de-escalate situations confidently, to de-escalate situations in interactions with customers and clients, contain, set and maintain boundaries, build personal resilience to be effective in their work role.

**Domestic and family violence: how to support your employees**

This seminar assists HR, managers and team leaders develop understanding about domestic and family violence and provides strategies to respond effectively to staff raising this issue. The workshop also outline successful ways to assist employees and discusses the IR leave provisions.

**Stress Less!**

Too much stress can become unhealthy. We become flooded with all sorts of emotions, feelings and thoughts which may even come from past experiences and so may add to the fear. This may start to cause damage to our mood, ability to get on and do things, relationships, health and quality of life.

This workshop explores the neurobiology of stress responses and how to develop strategies which work to reduce the stress in your life.