



Headway Psychology Training Offerings 2025

www.headwaypsych.com.au

Headway
Psychology & Wellbeing

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Overview

Welcome to Headway's comprehensive program of training offerings designed to enhance workplace wellbeing, foster effective leadership, and cultivate a positive organisational culture. This brochure outlines a range of training programs tailored to meet the diverse needs of organisations seeking to invest in the mental health and professional development of their employees.

We will work with you to personalise our training offerings to best suit the needs of your organisation. As seen below our various training formats range from concise sessions on specific topics designed to educate, to longer more comprehensive programs designed to upskill.

Workplace Wellness Programs

Our Workplace Wellness Programs offer succinct and impactful sessions aimed at promoting mental health and wellbeing in the workplace. Topics range from resilience-building strategies to stress management techniques, mindfulness practices, and fostering work-life balance. These sessions provide practical tools and insights to empower employees to thrive in both their personal and professional lives.

Please navigate to Page 5 to find more information on Workplace Wellness Programs.



Small & Large
Group Delivery



Concise
1 – 2 hours



Online & Face
to Face Options

Mental Wellness SOS: First Aid for Psychological Health

Mental Wellness SOS delivers comprehensive training in psychological first aid, equipping individuals with the skills to recognize and respond effectively to mental health challenges. This full-day program empowers participants to offer compassionate support during times of distress, fostering a culture of understanding and support within the organisation.

Please navigate to Page 12 to find more information on Workplace Wellness Programs.



Group size of
4 – 18



Full Day
Workshop



Face to Face
Only

Leadership Training & Development

Our Leadership Training & Development programs offer targeted training sessions designed to enhance leadership capabilities and drive organisational success. From mastering performance management and navigating change to building high-performance teams and enhancing communication skills, these programs provide essential tools for effective leadership in today's dynamic workplace.

Please navigate to Page 15 to find more information on Leadership Training & Development Programs.



Group size up
to 12



Concise (2 hour), Half-day
and Full-day Workshops
available



Face to Face
Only

Professional Coaching

Unlock your professional potential with our personalised Individual Coaching service, centered on empowering you to drive your own growth and development. Led by seasoned psychologists, our tailored coaching program offers a collaborative approach where we work alongside you to explore the challenges you face, uncover insights, and chart a path toward meaningful progress.

Through one-on-one sessions, we provide a supportive space for you to reflect on your experiences, strengths, and areas for growth. Our role is not to dictate solutions but to guide and support you as you navigate your professional journey. By fostering self-discovery and facilitating skill-building exercises, we empower you to take ownership of your development, make meaningful changes, and achieve your goals at your own pace.

Investing in yourself is not just about achieving career success; it's about realizing your full potential and living a fulfilling life. Take the first step towards unlocking new possibilities and creating a future that aligns with your aspirations. With our Individual Coaching service, you have the opportunity to cultivate a deeper understanding of yourself, overcome obstacles, and embrace your unique journey towards personal and professional fulfillment.



Individual



One Hour Sessions



Online & Face
to Face Options

Workplace Wellness Program Summary

<i>Topic</i>	<i>What to Expect</i>	<i>Length</i>
Team Resilience Blueprint	Building Stronger, More Agile Teams	60 – 120 minutes
Empower Your Mind	Transforming Challenges into Opportunities	60 – 120 minutes
Zen at Work	Guided Training in Yoga & Mindful Movement Practices	60 – 90 minutes
Nourish to Flourish	Optimising Well-being Through Nutrition	60 minutes
Peaceful Practices	Guided Training in Breathwork & Relaxation for Stress Management	60 minutes
Resilience Boost	Empower Your Team's Mental Strength	60 minutes
Mind Matters	Educating for Mental Health & Well-Being	60 – 90 minutes
Mindful Living	Unlocking Clarity & Calm in Everyday Life	60 minutes
Stress Mastery	Strategies for Thriving Under Pressure	60 minutes
Restorative Sleep	Unlocking the Power of Rest for Peak Performance	60 minutes
Emotion Mastery	Harnessing the Power of Emotional Intelligence	60 minutes
Balancing Act	Essential Strategies for Work-Life Balance	60 minutes



Workplace Wellness Programs

Team Resilience Blueprint: *Building Stronger, More Agile Teams*

Presented by a Registered or Clinical Psychologist.

Designed for teams facing change, disruption, or high stress.

This presentation focuses on fostering resilience and adaptability within team dynamics. Through interactive discussions and experiential activities, participants explore strategies to enhance team cohesion, communication, and problem-solving skills.

The presentation covers topics such as fostering a culture of psychological safety, promoting open dialogue, and embracing diversity of thought and experience. Attendees learn how to navigate challenges effectively, communicate openly with colleagues, understand their own and others' strengths and weaknesses, bounce back from setbacks, and thrive in dynamic work environments. By implementing the team resilience blueprint, organisations can cultivate stronger, more agile teams capable of navigating change and achieving collective success.

Empower Your Mind: *Transforming Challenges into Opportunities*

Presented by a Registered or Clinical Psychologist.

Designed for teams seeking to shift from a fixed to growth mindset.

This presentation offers participants a transformative exploration of mindset and resilience. Through engaging discussions and practical exercises, attendees learn to cultivate a growth-oriented mindset and harness adversity as a catalyst for personal and professional growth.

The presentation covers topics such as reframing negative thinking patterns, developing self-awareness, and building resilience strategies to overcome obstacles. Participants gain valuable insights and tools to navigate challenges with confidence, embrace change, and unlock their full potential. By empowering their minds, individuals can transform challenges into opportunities for growth, innovation, and success.

Zen at Work: *Guided Training in Yoga & Mindful Movement*

Presented by an Accredited Yoga Instructor and Clinical Psychologist.

Designed for high-stress or sedentary office environments looking to rejuvenate.

This presentation offers participants a rejuvenating exploration of mindfulness practices to promote well-being in the workplace. The presentation emphasises the integration of mindfulness into daily work routines, providing practical tools to alleviate tension, enhance focus, and cultivate a sense of calm amidst the demands of the workday.

The experiential presentation focuses on guiding participants through gentle yoga movements, mindful breathing exercises, and guided meditation to achieve a holistic approach to stress reduction and mental clarity.

Nourish to Flourish: *Optimising Well-being Through Nutrition*

Presented by an Accredited Dietitian

Designed for organisations wanting a healthier, more energised workforce.

This presentation explores the powerful connection between diet, mental health, and overall well-being. Participants delve into evidence-based insights on the impact of nutrition on cognitive function, mood regulation, and stress management.

Through interactive discussions and practical tips, attendees learn how to make informed dietary choices to support optimal mental and emotional health. The presentation covers topics such as the role of nutrients in brain function, the gut-brain connection, and strategies for creating balanced and nourishing meals. Participants leave with actionable knowledge and tools to cultivate a healthier relationship with food, enhance their mental resilience, and thrive in all aspects of life.

Peaceful Practices: *Guided Training in Breathwork & Relaxation for Stress Management*

Presented by a Registered or Clinical Psychologist

Designed for teams needing calm amidst chaos and tools to de-stress.

This presentation offers participants a comprehensive exploration of techniques to alleviate stress and promote relaxation. Through guided exercises and mindfulness practices, attendees learn to harness the power of breathwork and relaxation techniques to cultivate inner calm and emotional balance.

The presentation focuses on teaching a combination of deep breathing exercises, progressive muscle relaxation, and visualisation techniques, providing practical tools to manage stress effectively. Participants leave equipped with strategies to incorporate peaceful practices into their daily routine, enabling them to navigate life's challenges with greater ease and resilience.

Resilience Boost: *Empower Your Team's Mental Strength*

Presented by a Registered or Clinical Psychologist.

Designed for teams being stretched thin and in need of resilience training.

This presentation delves into the concept of resilience as a crucial factor in navigating challenges and maintaining well-being in the workplace. Through interactive discussions, practical exercises, and real-world examples, participants explore strategies for building and enhancing resilience at both individual and team levels.

The presentation covers topics such as recognition skills and best practices for managing stressors, fostering adaptive coping mechanisms, cultivating a growth mindset, working on self-care, redefining what 'productivity' looks like in our modern world, and leveraging social support networks. Participants gain valuable insights and actionable techniques to strengthen their resilience, enabling them to bounce back from setbacks, adapt to change, and thrive in the face of adversity.

Mind Matters: *Educating for Mental Health & Well-being*

Presented by a Registered or Clinical Psychologist.

Designed for increasing mental health awareness across an entire organisation.

This presentation offers an insightful exploration of key concepts and practices aimed at promoting mental health awareness and fostering a supportive workplace environment. Participants engage in discussions surrounding common mental health challenges, destigmatising mental illness, and cultivating a culture of empathy and understanding.

Through interactive activities and practical strategies, attendees learn to recognise signs of mental distress in themselves and others, access resources for support, and contribute to creating a psychologically safe and inclusive workplace. The presentation emphasises the importance of open communication, self-care practices, and destigmatising conversations surrounding mental health, empowering participants to prioritise their well-being and that of their colleagues.

Mindful Living: *Unlocking Clarity & Calm in Everyday Life*

Presented by a Registered or Clinical Psychologist.

Designed for teams craving more present moment awareness and calm.

This presentation offers participants a transformative journey toward greater self-awareness, presence, and emotional balance. Through experiential exercises, guided meditations, and reflective discussions, attendees explore the principles and practices of mindfulness as a powerful tool for cultivating clarity and calm amidst the busyness of daily life.

Participants learn to harness the power of mindfulness to cultivate resilience, manage stress, and enhance overall well-being. The presentation provides practical strategies for integrating mindfulness into everyday routines, fostering greater focus, emotional regulation, and a sense of inner peace. Attendees leave empowered to apply mindfulness principles to navigate life's challenges with greater ease and grace, fostering a more mindful and fulfilling existence.

Stress Mastery: *Strategies for Thriving Under Pressure*

Presented by a Registered or Clinical Psychologist.

Designed for high-pressure teams struggling with burnout.

This presentation provides a comprehensive exploration of stress management techniques aimed at equipping participants with the tools to effectively navigate and mitigate stress in the workplace. Through engaging discussions, practical exercises, and evidence-based strategies, participants learn to identify stress triggers, understand the physiological and psychological effects of stress, and implement proactive coping mechanisms.

The presentation covers topics such as mindfulness practices, time management techniques, boundary-setting strategies, and relaxation exercises, empowering participants to cultivate resilience and maintain peak performance even in high-pressure environments. With a focus on holistic well-being and self-care, participants gain invaluable skills to thrive amidst challenges and foster a healthier, more balanced approach to work and life.

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Restorative Sleep: *Unlocking the Power of Rest for Peak Performance*

Presented by a Registered or Clinical Psychologist.

Designed for fatigued teams as a way to improve well-being and performance.

This presentation delves into the critical role of sleep in optimising cognitive function, emotional well-being, and overall performance. Participants explore the science behind sleep, including the stages of sleep, sleep cycles, and the physiological processes that occur during restorative rest.

Through interactive discussions and practical strategies, attendees learn evidence-based techniques for improving sleep quality and quantity, such as establishing consistent sleep routines, creating conducive sleep environments, and practicing relaxation techniques. Additionally, the presentation addresses strategies for fixing broken sleep schedules or periods of insomnia. The presentation emphasises the importance of prioritising sleep as a cornerstone of well-being, empowering participants to harness the transformative power of rest for enhanced productivity, creativity, and overall vitality.

Emotion Mastery: *Harnessing the Power of Emotional Intelligence*

Presented by a Registered or Clinical Psychologist.

Designed for teams needing emotional intelligence to better connect and perform.

This presentation delves into the essential components of emotional intelligence and its profound impact on personal and professional success. Through interactive discussions and experiential exercises, participants explore strategies for developing self-awareness, self-regulation, empathy, and effective interpersonal communication skills.

The presentation emphasises the importance of understanding and managing emotions to enhance decision-making, build stronger relationships, and navigate challenging situations with grace and resilience. Attendees gain practical tools and insights to cultivate emotional intelligence, empowering them to harness the power of their emotions for greater effectiveness and fulfillment in both their professional and personal lives.

Balancing Act: *Essential Strategies for Work-Life Balance*

Presented by a Registered or Clinical Psychologist.

Designed for teams struggling to juggle responsibilities and find work-life harmony.

This presentation provides participants with practical insights and actionable strategies to achieve harmony between professional responsibilities and personal well-being. Through interactive discussions and reflective exercises, attendees explore the importance of setting boundaries, managing priorities, and fostering self-care practices to maintain a healthy balance in their lives.

The presentation covers topics such as time management techniques, boundary-setting strategies, and stress reduction methods, empowering participants to cultivate resilience and fulfillment both at work and in their personal lives. By implementing essential strategies for work-life balance, individuals can enhance their overall quality of life and achieve greater satisfaction and success in all areas.

To enquire further, please contact Headway Psychology via **referrals@headwaypsych.com.au**, visit our website at **www.headwaypsych.com.au**, or call us at **(08) 9226 4489**.



Mental Wellness SOS: First Aid for Psychological Health

Our Mental Wellness SOS workshop prioritises proactive mental health education and crisis preparedness so that team members can feel equipped to support themselves and others during times of crisis. Much like traditional first aid addresses physical injuries, our program empowers individuals with the knowledge and skills needed to provide psychological first aid during times of distress. Through comprehensive training, participants learn to recognise common mental health challenges, offer compassionate support, and access appropriate resources for themselves and others in need.

Investing in Mental Wellness SOS not only strengthens individuals' ability to provide immediate support during times of crisis but also fosters a culture of understanding and empathy within organisations. By drawing parallels between physical first aid and mental health first aid, we empower individuals to recognise the importance of mental health education and proactive crisis preparedness. Together, we can break down barriers to seeking help, reduce the stigma surrounding mental health, and create a safer, more supportive environment for all.

Continue reading to see a breakdown of the content covered in the course as well as an outline of the key proficiencies attendees can expect to gain.

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Mapping the Course Content

- Understanding common mental health conditions such as depression, anxiety, and substance abuse disorders.
- Recognising signs and symptoms of mental health crises and emergencies.
- Learning effective communication strategies to approach and support individuals experiencing challenges.
- Exploring the impact of stigma and discrimination on mental health and ways to combat it.
- Learning about effective ways to provide continued support for someone experiencing mental health challenges.
- Examining the importance of self-care and boundary setting for mental health first aiders.
- Understanding the role of cultural factors in mental health and providing culturally sensitive support.
- Learning crisis intervention techniques for immediate support in mental health emergencies.

Outcomes and Proficiencies

- Enhanced ability to identify and respond to signs of mental health issues in others.

- Improved communication skills for providing empathetic and nonjudgmental support.

- Increased confidence in offering initial assistance and connecting individuals to appropriate professional help.

- Development of self-awareness and resilience in dealing with challenging situations.

- Confidence in the ability to provide effective evidence-based support to individuals struggling with mental health challenges.

- Acquisition of practical tools and resources for promoting mental wellness in communities and workplaces.

- Enhanced understanding of available community resources and referral pathways for ongoing support.

- Development of practical skills for de-escalating crisis situations and providing immediate assistance.

- Enhanced ability to advocate for mental health awareness and destigmatization.

- Improved capacity to facilitate constructive discussions about mental health in various settings.



Leadership Training & Development

Welcome to our Leadership Training and Development service, where we specialise in empowering organisations through comprehensive workshops and training sessions tailored to enhance leadership and management capabilities. Our programs cover a wide array of topics crucial for effective leadership in today's dynamic workplace. With a focus on practical skills development and evidence-based strategies, our experienced team of psychologists equips leaders at all levels with the tools they need to excel.

Investing in our Leadership Training and Development service isn't just about honing leadership skills; it's about driving tangible results for your organisation. By cultivating strong leadership, you create a culture of accountability, innovation, and collaboration, leading to increased employee engagement, higher productivity, and ultimately, greater business success.

All programs are adjustable and topics can be personalised to best suit the needs of your organisation.

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Leadership Training & Development Workshops

<i>Topic</i>	<i>What to Expect</i>	<i>Length</i>
Encouraging Mastery	The Art of Effective Feedback & Performance Management	Half to Full Day
Learn to Lead	Essential Training for New Managers	Full Day
Navigating Change	Expert Strategies for Periods of Organisational Transition	Half to Full Day
Building High-Performance Teams	Strategies for Cultivating High-Performing Teams	Half to Full Day
Talent Acquisition	Finding the Right Fit and Crafting Your Team	Half Day
Leaders as Coaches	Coaching Essentials to Empower and Elevate Team Members	Half to Full Day
Keep it Simple	Effective Communication Techniques and Conflict Resolution Skills	Half to Full Day
Cultivating Culture	Tools for Shaping Your Work Environment	Full Day
Building EQ	Strategies for Enhanced Workplace Relationships	2-hour to Half Day
Leading from Afar	Remote Team Management Skills	2-hour to Half Day
Enhancing Trust	Building Psychological Safety in the Workplace	2-hour to Half Day

Encouraging Mastery: *The Art of Effective Feedback & Performance Management*

Presented by a Registered or Clinical Psychologist.

Designed for leaders wanting to develop top talent and provide impactful feedback.

This program delves into the intricacies of providing constructive feedback and mastering performance management techniques. Through engaging discussions and practical exercises, participants will explore strategies to deliver feedback effectively, set clear performance expectations, and cultivate a culture of continuous improvement within their teams.

Key focuses of the presentation include understanding the impact of feedback on employee performance, honing active listening skills, and fostering an environment where feedback is both given and received constructively. Attendees will gain insights into techniques for addressing performance issues sensitively and professionally, motivating team members to reach their full potential, and establishing accountability measures to track progress.

By honing these skills, participants will be equipped to build stronger, more resilient teams capable of thriving in today's dynamic work environment. They will emerge from the training with the confidence and tools necessary to drive performance excellence, foster growth, and ultimately achieve collective success within their organisations.

Learn to Lead: *Essential Training for New Managers*

Presented by a Registered or Clinical Psychologist.

Designed for newly promoted managers or emerging leaders.

This comprehensive program is designed to equip emerging leaders with the foundational skills and knowledge necessary to excel in their managerial roles. Through interactive workshops and real-world scenarios, participants will delve into key topics such as effective communication, team motivation, and conflict resolution strategies. This dynamic presentation will guide new managers in understanding their leadership style, building trust within their teams, and delegating tasks effectively. Attendees will gain practical insights into navigating the transition from individual contributor to manager, establishing clear goals and expectations, and fostering a positive work culture that promotes collaboration and innovation.

By mastering these essential leadership principles, participants will emerge as confident and effective managers, capable of driving team performance, fostering employee engagement, and achieving organisational objectives with excellence.

Navigating Change: *Expert Strategies for Periods of Organisational Transition*

Presented by a Registered or Clinical Psychologist.

Designed for organisations undergoing transformations or disruptions.

This is a dynamic presentation crafted to empower leaders and teams in effectively managing change within their organisations. Through immersive workshops and insightful discussions, participants will explore proven strategies for embracing change, fostering resilience, and maintaining productivity during periods of transition.

This transformative presentation will delve into essential topics such as change communication, understanding different forms of change, stakeholder engagement, and change management frameworks. Attendees will gain practical tools and techniques to navigate uncertainty, obtain buy-in from team members, adapt to evolving circumstances, and lead their teams through successful transitions.

By mastering these expert strategies, participants will emerge as adept change agents, capable of steering their organisations and teams through periods of transformation with confidence and agility. They will be equipped to drive change both on the small scale and to cultivate a culture of innovation, inspire resilience, and use effective change to drive sustained success.

Building High-Performance Teams: *Strategies for Cultivating High-Performing Teams*

Presented by a Registered or Clinical Psychologist.

Designed for leaders wanting to move teams from “good” to “great”.

This is a dynamic presentation designed to equip leaders with the essential tools and techniques to drive both excellence and mastery within their teams. Through interactive workshops and insightful discussions, participants will explore proven strategies for optimising team dynamics, enhancing communication, and leveraging individual strengths to achieve collective goals.

This presentation will delve into key topics such as team formation, principles of high performance, and fostering a culture of accountability, psychological safety, and trust. Attendees will gain practical insights into building cohesive teams, resolving conflicts constructively, and motivating team members to deliver their best performance.

By mastering these strategies, participants will emerge as effective team leaders who understand individual differences among their team members and who are capable of nurturing high-performing teams that consistently exceed expectations and drive organisational success. They will be empowered to cultivate an environment where innovation thrives, collaboration flourishes, and every team member is empowered to contribute their unique talents towards shared objectives.

Talent Acquisition: *Finding the Right Fit and Crafting Your Team*

Presented by a Registered or Clinical Psychologist.

Designed for HR professionals and hiring managers.

This is a dynamic presentation tailored for HR professionals and hiring managers seeking to optimise their recruitment strategies and build high-performing teams. Through interactive workshops and strategic discussions, participants will explore innovative approaches to attracting top talent, conducting effective interviews, and selecting candidates who align with organisational values and objectives.

This comprehensive presentation will cover essential topics such as employer branding, candidate sourcing techniques, and diversity and inclusion in recruitment. Attendees will gain practical insights into designing compelling job descriptions, implementing targeted recruitment campaigns, and leveraging technology to streamline the hiring process.

By mastering these strategies, participants will emerge equipped to build dynamic, diverse, and resilient teams that drive organisational success. They will be empowered to make strategic hiring decisions, cultivate a talent pipeline, and foster a culture where every employee thrives and contributes to the organisation's long-term growth and prosperity.

Leaders as Coaches: *Coaching Essentials to Empower and Elevate Team Members*

Presented by a Registered or Clinical Psychologist.

Designed for managers looking to bring out the best in their direct reports.

This presentation is crafted to equip leaders with the skills and mindset to act as effective coaches within their teams. Through interactive workshops and insightful discussions, participants will explore the fundamental principles of coaching, learning how to inspire growth, unlock potential, and foster a culture of continuous improvement.

This dynamic presentation will delve into key coaching techniques, such as active listening, powerful questioning, and providing constructive feedback. Attendees will gain practical tools and strategies to support their team members in setting and achieving their goals, overcoming obstacles, and maximising their performance.

By mastering these coaching essentials, participants will emerge as impactful leaders who empower their team members to thrive, innovate, and achieve their full potential. They will cultivate strong relationships built on trust, inspire a growth mindset, and drive lasting results that propel both individual and team success.

Keep it Simple: *Effective Communication Techniques and Conflict Resolution Skills*

Presented by a Registered or Clinical Psychologist.

Designed for teams with communication breakdowns, conflict, or high-stakes decisions.

This is a dynamic presentation designed to equip participants with practical tools for navigating communication challenges and resolving conflicts with ease. Through interactive workshops and insightful discussions, attendees will explore essential communication strategies to enhance clarity, foster understanding, and build stronger relationships within teams.

This comprehensive presentation will cover key topics such as active listening, assertive communication, effective mindsets for approaching conflict, understanding different types of conflict, and techniques to manage difficult conversations. Participants will learn how to identify and address communication barriers, diffuse tensions, and facilitate productive dialogue to achieve mutually beneficial outcomes.

By mastering these communication techniques and conflict resolution skills, participants will emerge as effective communicators and skilled problem-solvers, capable of fostering collaboration and harmony within their teams. They will be empowered to address complex situations with confidence, build trust, and drive positive outcomes in both professional and personal contexts.

Cultivating Culture: *Tools for Shaping Your Work Environment*

Presented by a Registered or Clinical Psychologist.

Designed for leadership aiming to shape the organisational culture.

This is a transformative presentation aimed at organisational leaders keen on harnessing the power of culture to drive success. Delving deep into effective strategies for cultural change, participants will explore how aligning people with organisational values and garnering buy-in from employees can lead to a workplace where enjoyment, well-being, and a sense of purpose flourish.

Through interactive workshops and insightful discussions, attendees will learn the profound benefits of fostering a positive organisational culture. This includes increased employee satisfaction, enhanced well-being, and higher retention rates. By focusing on culture, organisations can tap into hidden value—the untapped potential lying within unspoken ideas, unaddressed issues, and unexplored opportunities.

Furthermore, this presentation emphasises how a strong organisational culture can pave the way for achieving strategic goals. By fostering better connections between team members and empowering employees to voice their ideas and concerns, organisations can access this hidden value and drive innovation and productivity. Ultimately, a focus on culture serves as the pathway to unlocking the full potential of an organisation, driving sustainable success, and creating a workplace where every individual thrives and contributes their best.

Building EQ: *Strategies for Enhanced Workplace Relationships*

Presented by a Registered or Clinical Psychologist.

Designed for teams needing emotional intelligence and better workplace relationships.

This is a transformative presentation designed for leaders and teams seeking to harness emotional intelligence (EQ) as a catalyst for building meaningful relationships. Through engaging workshops and insightful discussions, participants will explore how EQ serves as a pathway to fostering open communication, encouraging candid dialogue, and nurturing a curious mindset for exploring sensitive issues.

This comprehensive presentation delves into the power of EQ in understanding diverse emotional styles and navigating interpersonal dynamics effectively. Attendees will gain practical tools for fostering psychological safety, embracing diversity of thought, and deepening their self-awareness to align their logical and emotional sides.

By prioritizing EQ development, participants will uncover the keys to unlocking workplace potential. They'll learn to cultivate environments where every voice is valued, unspoken concerns are addressed, and individuals thrive by embracing their authentic selves. Ultimately, by mastering emotional intelligence, participants will forge stronger connections, foster inclusivity, and drive collective success in all situations.

Leading from Afar: *Remote Team Management Skills*

Presented by a Registered or Clinical Psychologist.

Designed for managers of remote teams or leading virtual workforces.

This is a dynamic presentation crafted to equip leaders with the essential tools and strategies for effectively managing remote teams. Through interactive workshops and insightful discussions, participants will explore how to leverage technology and communication channels to foster engagement, build trust, and drive performance in virtual environments.

This comprehensive presentation delves into key aspects of remote team management, including establishing clear expectations, strategies for promoting open and effective communication through online channels, effective motivational techniques across distance, and cultivating a culture of accountability without physical presence. Attendees will gain practical insights into overcoming common challenges associated with remote work, such as maintaining team cohesion, managing virtual meetings, and supporting the well-being of remote team members.

By mastering these remote team management skills, participants will emerge as confident leaders capable of inspiring collaboration, innovation, and success across distributed teams. They will be empowered to navigate the complexities of remote work, harnessing its potential to drive organisational growth and achieve strategic objectives regardless of physical distance.

Enhancing Trust: *Building Psychological Safety in the Workplace*

Presented by a Registered or Clinical Psychologist.

Designed for teams wanting to improve innovation, collaboration, and risk-taking.

This presentation is tailored for leaders and teams aiming to foster an environment of trust and psychological safety. Through interactive workshops and strategic discussions, participants will explore how to cultivate a workplace culture where every voice is valued, and individuals feel safe to speak up, take risks, and express themselves without fear of judgment or reprisal.

This comprehensive presentation will delve into key aspects of building psychological safety, including fostering open communication, promoting vulnerability and empathy, and embracing diversity of thought and experience. Attendees will gain practical insights into identifying and addressing barriers to trust, the surprising problems that can arise from authenticity, cultivating trust-building behaviours, and nurturing a supportive and inclusive work environment.

By mastering these strategies for enhancing trust and psychological safety, participants will emerge as effective leaders capable of fostering high-performing teams, driving innovation, and achieving organisational goals. They will be empowered to create workplaces where individuals thrive, collaborate effectively, and contribute their unique talents and perspectives to drive collective success.

To enquire further about any of our services, please contact Headway Psychology via **referrals@headwaypsych.com.au**, visit our website at **www.headwaypsych.com.au**, or call us at **(08) 9226 4489**.



Professional Coaching

Empower your professional journey with our transformative Professional Coaching service. Whether you're an aspiring leader, a seasoned executive, or a manager navigating complex organisational dynamics, our tailored coaching offers strategic insights and personal development tools to propel you toward success in today's competitive landscape. Our expert coaches, who are all trained psychologists, collaborate with you to identify goals, address challenges, and unlock your full potential, ensuring you thrive in your role and achieve your career aspirations.

Our Professional Coaching service offers a range of topics that are blended together as needed to best meet the diverse needs of each individual at every stage of their career journey.

Professional psychological coaching services typically span one-hour sessions, providing individuals the flexibility to address topics of personal relevance while accommodating varying session lengths and frequencies based on individual preferences and needs.

Common Topics

- New Manager Coaching: Navigating the transition to a managerial role with confidence and skill.
- Leadership & Executive Coaching: Cultivating leadership mastery and strategic vision for senior executives.
- Managerial Skills Development: Enhancing core competencies such as communication, decision-making, and conflict resolution.
- Performance Coaching: Maximizing personal and professional performance to achieve peak effectiveness.
- Team Building and Collaboration Coaching: Fostering cohesion, synergy, and productivity to build high-performance teams.
- Mastering Difficult Conversations: Coaching for Managing Challenging Employees.
- Leadership Through Adversity: Coaching for Handling Challenging Employees.
- Communication and Interpersonal Skills Coaching: Improving communication, collaboration, and relationship-building skills to foster better teamwork and leadership effectiveness.
- Career Transition Coaching: Strategically navigating career changes, transitions, and advancement opportunities.
- Work-Life Balance Coaching: Cultivating harmony and well-being amidst the demands of work and personal life.

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