

# YOU CAN TURN POTENTIAL INTO POWER.



# Let's Talk About Mental Health

Keynote &  
Presentation Topics

April 2022

## New in 2022

### Managing Collective & Vicarious Trauma in the Workplace

The world has been through extreme challenges; lockdowns, masks, mandates, fear, illness, deaths, vaccines and crippling uncertainty. How do we look after ourselves and our teams, when dealing with others, to protect ourselves from trauma, secondary traumatic stress and burnout.

### Getting Your Workplace Mojo back in 2022

The levels of excitement for a new year of work are less than we'd typically expect right now. For most people what work will look like in 2022 is uncertain, to say the least. So how do we build motivation, passion, and drive within ourselves and our teams, to get excited about work again?

### Uncovering Psychopaths, Sociopaths, and other Difficult People

Uncovering the psychological strategies and patterns of manipulation used in the workplace by psychopaths, sociopaths and other difficult people. Know their methods, so you can protect yourself and your team from their insidious harm.

### The New Existential Crisis of 2022

Changes in the way we live and work over the last 2 years has led many people to review the role of work in their lives leading to 'the great resignation'. Leaders need to understand these existential challenges and know how to support their staff to keep them focused, engaged, and thriving in the new workplace.

### The Role of Risk & Managing Return to Work Anxiety

As we move towards new ways of working (hybrid models of work from home and on site), Managers must navigate the fears, anxieties and stressors of their team. But managers are faced with the dilemma: what's my duty of care? This keynote explores the battle between duty of care and dignity of risk from a psychological perspective.



## Trending Topics

### Staying Strong through Covid

In this keynote, we discuss practical tips, tools and strategies for managing the 5 common challenges presented by the COVID19 pandemic: Change, Loneliness, Anger, Uncertainty, and Sadness.

### The New Human 3.0

Traditional approaches to managing workplace mental health are failing us / a paradigm shift is needed. This presentation provides Leaders with greater insight into what is happening now, and what is needed to move forward into the future of work.

### The Hero's Journey

Based on the work of Joseph Campbell, this fun and unique presentation explores how we find meaning and purpose in our work and lives.

### Managing Office Combat Stress - Surviving Cubicle Wars

How to survive and thrive in cubicle wars. In this session we look at covert conflict in the workplace, its impact on office combat stress, and how to handle yourself successfully through it.

### Overcoming the Stress Spiral

Fear, change, uncertainty, trauma, grief, conflict and drama can lead to extreme levels of stress and distress. This engaging presentation helps participants understand how we get caught up in a cycle of stress and drama. Then we identify practical strategies to master our emotions to become the peaceful center, in the 'eye of the storm'.

### Maintaining Motivation in Tough Times

Burnout is on the Rise. Maintaining motivation in challenging times can be tough. Especially when stress is prolonged. We look at proven strategies you can use to tap into your internal drive, and set yourself up for success, even when it's hard.

### The Psychology of Focus

In high-risk or high-detail workplaces, knowing how to focus attention, including over extended periods, is a must have skill. In this presentation we show you the micro skills used by elite soldiers, for maintaining focus and attention in the brain, body and mind.



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## Strong Foundations

### Mental Health 101

Learn practical skills for identifying and responding in the first instance to a colleague or customer, who might be developing a mental health problem or mental health emergency.

### Mental Health Conversations for Managers

Specifically for Managers and Leaders, this session covers how to identify and respond to team members who may be experiencing mental health, while also maintaining your role as Manager, supporting the entire team, and the goals of the business.

### Advanced Resilience Skills

Advanced Resilience strategies based on solid, evidence based psychological principles to manage the ever increasing challenges and stressors of work and life.

### 7 Essential Elements of a Mentally Healthy Work-Life

We go beyond the basics (sleep, diet exercise) to delve into critical elements for well-being that are often missed in our busy lives. We discuss a box of tools to build mental and emotional fitness, to survive and thrive in a new and continually changing world.

### 7 Pillars of A Mentally Wealthy Workplace

What does a mentally healthy workplace look like? What is mental Wealth? How do we create a culture, and environment in the workplace where mental health can flourish.

### Mindfulness Based Stress Reduction

The neuroscience of mindfulness, couples with practical mindfulness techniques that can be incorporated into daily life.

### Coping with Change

As the pace of change is ever increasing, we explore why we humans find change so difficult, and strategies we can use to adapt more easily to the inevitable changes, developing our flexibility muscle.

### Building Resilient Teams

Designed specifically for managers and leaders, we show you concrete ways to build emotional fitness and capacity of your team members, so you have a team of 'commandos', with a 'can-do' attitude, ready to face whatever challenges arise.

