

BUILDING RESILIENCE eLearning Course for Leaders

The Building Resilience – Leaders course is a 60 minute eLearning course with accompanying eToolkit designed to provide workplace managers and leaders with the knowledge, tools and skills to build their personal psychological resilience capacity and influence the resilience of their team members. The course consists of four modules:

- Understanding Resilience
- Building Resilience
- Influencing Resilience
- Developing My Resilience

Learning Objectives

At completion of the course participants will be able to:

- Define and understand the evidence-based qualities and characteristics of resilience.
- Identify their individual strengths and opportunities for development of coping with life's stressors and difficulties.
- Explain the biology and psychology of stress.
- Understand and apply the attitudes and behaviours of resilient individuals through the 7 evidence-based tools to deal more effectively with change, challenge and adversity including leader tips.
- Understand and apply the 4 evidence-based tools to influence resilience in their employees.
- Apply their personal resilience action plan for developing their own and influencing others resilience.

This evidence based eLearning course features interesting content, visually appealing graphics, is highly interactive, and uses multimedia such as animations. The course is designed to capture your employee's attention and keep them engaged for the duration of the course. Each participant receives a digital certificate signed by a registered psychologist upon course completion and access to the leader's eToolkit. A teams version of the eLearning course is also available - please see overleaf.

Nothing inspires us more than helping you create a mentally happier and healthier workplace.



Target Audience: Executive, senior, frontline and emerging leaders and managers who have, or will have direct people leader/manager responsibilities.

Use: Core training, in inductions, as a refresher, or for remote or adhoc training needs

Course Length: 60 minutes

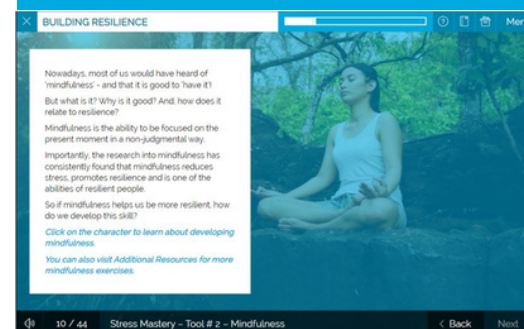
Competency Based: Yes

Responsive Design: Yes (PC/MAC and tablet)

Customisable: Yes - fully customisable including translation

Minimum Participants: 5

Maximum Participants: Unlimited



eTOOLKIT

This eLearning course is accompanied by an online digital toolkit – accessible to all participants after each course. The purpose of the toolkit is to provide your managers and HR/HSE teams with a set of practical on demand resources to:

- review to reinforce and extend on the content covered in the eLearning course
- refer to on an as needed basis to help them with promoting resilience and wellbeing in the workplace
- utilise to raise awareness of resilience and wellbeing in your workplace thereby reducing the need to engage consultants or external parties to do this for you

The eToolkit contains a schedule of activities that your managers or HR/HSE department can conduct throughout any given calendar year along with factsheets, tip sheets, posters and animations to refresh and build on the content covered in the eLearning module and for sharing with employees.

BUILDING RESILIENCE eLearning Course for Employees

Complementing the Building Resilience - Leaders eLearning course, the employee's version is an eLearning course with accompanying toolkit for all levels of employees in your organisation. It has been designed to provide employees with the knowledge and skills to develop their personal resilience. The course is an evidence and competency-based course designed to be highly engaging and practical. The course has 3 modules:

- Understanding Resilience
- Building Resilience
- Developing My Resilience

Learning Objectives

At completion of the course participants will be able to:

- Define and understand the evidence-based qualities and characteristics of resilience.
- Identify their individual strengths and opportunities for development of coping with life's stressors and difficulties.
- Understand the biology and psychology of stress.
- Understand and apply the attitudes and behaviours of resilient individuals through the 7 evidence-based tools to deal more effectively with change, challenge and adversity.
- Apply their personal resilience action plan for developing their personal resilience.

Each participant receives a digital certificate signed by a registered psychologist upon course completion.

Target Audience: Office-based, onsite or mobile employees, consultants, contractors or team members at all levels.

Use: Core training, in inductions, as a refresher, or for remote or adhoc training needs

Course Length: 45 minutes

Competency Based: Yes

Responsive Design: Yes (PC/MAC and tablet)

Customisable: Yes - fully customisable including translation

Minimum Participants: 5

Maximum Participants: Unlimited



LEARNING MANAGEMENT SYSTEM (LMS)

Being SCORM compliant, our eLearning courses can be hosted on your organisation's SCORM compliant Learning Management System (LMS) or if you don't have an LMS, on our user friendly corporate LMS platform.

Our LMS has all the features you need to report, track and manage your training across your organisation, multiple sites or even multiple organisations. We manage your set up and guide you through the eLearning process. All data is stored in Australia in a secure environment with comprehensive back up and redundancy. Full technical support is also provided with our hosted LMS options.

If you like what you have read and are interested in finding out more we would love to hear from you to find out how we can help you with your mental health and resilience eLearning requirements. Connect with us via phone or email and we can discuss your needs further and provide you with a no cost initial consultation and course demonstration either at your office or online.

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Need Mental Health Assistance? If you or someone you know needs help, call LifeLine on 13 11 14, Suicide Call Back Service on 1300 659 467, MensLine Australia on 1300 789 978 or the Kids Helpline on 1800 551 800