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**MANAGE**

## PERSONAL HEALTH & WELLBEING BSBPEF401

This program covers the skills and knowledge required to identify signs and sources of strain on personal health and wellbeing (both physical and mental) within job roles and according to key performance indicators (KPIs).

It applies to individuals who operate with a high level of autonomy, have excellent communication skills and apply knowledge of organisational policies and relevant legislation.

Workplace assessment involves the development, implementation, evaluation and review of a personal health and wellbeing strategy that sets goals/KPIs, considers personal and work environment factors, suitable resources and monitors variations in personal circumstances and work performance.

**DURATION:** One Day (+ Workplace Assessment)

**GROUP SIZE:** Min. x10, Max. x15

TOPIC OVERVIEW	
① REVIEW HEALTH AND WELLBEING FRAMEWORK	
② DEVELOP AND IMPLEMENT PERSONAL HEALTH AND WELLBEING STRATEGY	
③ REVIEW PERSONAL HEALTH AND WELLBEING STRATEGY	

### A PERSON IS ELIGIBLE FOR SMART & SKILLED FUNDING IF THEY ARE:

- ✓ 15 years old or over, and no longer at school, and
- ✓ Living or working in NSW (or an Aboriginal or Torres Strait Islander person living in specific NSW border areas), and
- ✓ An Australian citizen, Australian permanent resident, Australian permanent or temporary humanitarian visa holder or New Zealand citizen

### ELIGIBLE HUMANITARIAN VISAS - ANY OTHER VISA HOLDER IS NOT ELIGIBLE

Permanent Humanitarian/Refugee Visa Sub-Class	Temporary Humanitarian/Refugee Visa Sub-Class
200 - Refugee visa	Bridging Visa E (BVE)
201 - In-country special humanitarian programme visa	790 - Safe Haven Enterprise visa
202 - Global special humanitarian programme visa	785 - Temporary Protection visa
203 - Emergency rescue visa	786 - Temporary Humanitarian Concern visa
204 - Woman at Risk visa	449 - Temporary Humanitarian Stay visa
866 - Protection visa	

**NOTE:** A participant who has previously completed this unit under a funded arrangement will not be entitled to further Smart & Skilled funding.

**\*S & S Funding may be available via application**