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RTO #91141



PERSONAL WELLBEING IN THE WORKPLACE BSBPEF201

This short course covers the skills & knowledge required to advocate for and feel empowered about personal wellbeing in the workplace. It involves developing and applying basic knowledge of factors that may influence wellbeing, both positively & negatively. This program applies to a wide range of industry & workplace sectors and will help to identify signs/symptoms of mental health issues and provide initial support and access to available resources. This is suitable for those working under supervision and all assessment tasks will be completed in class.

DURATION: Half Day **GROUP SIZE:** Min. x10, Max. x15

TOPIC OVERVIEW	
RECOGNISE FACTORS THAT IMPACT PERSONAL WELLBEING	over profit motivation
② PLAN COMMUNICATION WITH SUPERVISOR	positive wellbeing vision chieving fun
3 COMMUNICATE WITH SUPERVISOR	teamwork forgiveness meaningleadership meaningle
INVESTIGATE AVAILABLE WELLBEING RESOURCES	opysotes (6 a.u.) und expenses



WORKPLACE HEALTH & WELLBEING SIRXHWB002

This course covers the skills and knowledge required to promote & effectively implement workplace health, wellbeing & resilience programs. This includes identifying and supporting team members who may be demonstrating signs & symptoms of mental health issues and monitoring/responding to individual needs to foster a healthy and safe work environment. It targets supervisors & frontline managers with responsibility for others, across a diverse range of industry & business sectors. Workplace assessment involves the development, implementation, evaluation & review of a health and wellbeing plan for the work team, including work routines, policies & procedures.

DURATION: One Day (+ Workplace Assessment) **GROUP SIZE:** Min. x10, Max. x15

TOPIC OVERVIEW 1 REVIEW TEAM HEALTH AND WELLBEING 2 FACILITATE HEALTH AND WELLBEING IN THE WORKPLACE 3 MONITOR WORKPLACE HEALTH AND WELLBEING TOPIC OVERVIEW Vocational Physical Spiritual Environmental Financial Winter's Sleep and Topic Social Control of the Control of the







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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 Bridging Visa A (BVA) 202 - Global special humanitarian programme visa 785 - Temporary Protection visa Bridging Visa B (BVB) 203 - Emergency rescue visa 786 - Temporary Humanitarian Concern visa Bridging Visa C (BVC) 204 - Woman at Risk visa 449 - Temporary Humanitarian Stay visa Bridging Visa D (BVD) 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.