

A man with a beard and a woman with short blonde hair and glasses are looking at a tablet together. The man is on the left, and the woman is on the right. They are both smiling and appear to be in a collaborative work environment. The background is slightly blurred, showing what looks like an office or training room.

CARANICHE  
AT WORK

# Caraniche Workplace Training Calendar

2019

Caraniche at Work supports the learning and development needs of thousands of employees every year across Australia.

We offer a range of training options to suit your individual requirements, delivered by senior clinicians and facilitators, who are highly skilled in engaging meaningfully with participants and are able to draw on real-life examples and applications.



## Taking a dynamic and responsive approach

Our new annual training calendar has been developed to meet the demand and highest priority needs of the sectors and organisations we support.

We invite requests for additional topics you would benefit from, or expressions of interest for existing topics you would like to see run more frequently. Please submit topic requests or register your expression of interest at:

**[work.caraniche.com.au/training/](https://work.caraniche.com.au/training/)**

Caraniche at Work also offers customised training for your workplace.

Making people the priority

## Caraniche 1st Quarter Training: February-March

### Domestic Violence/Family Violence and Mental Health in the Workplace

*Dr Kayleigh Young*

**28 February 2019 - \$560 (one-day)**

SK

This workshop is designed for managers and HR professionals who recognise that workplaces have a role to play in supporting employees experiencing mental health and family violence issues. It will equip attendees with an understanding of the knowledge, skills and best practice principles required to better respond to these complex issues.

**Target audience:** HR professionals, managers, team leaders and others who supervise or lead teams in the workplace.

### Resilience and Stress Management Strategies for the Workplace

*Tegan Bradilovic*

**28 March 2019 - \$440 (one-day)**

CS

This workshop will consider the key concepts of resilience and stress in the workplace and provide practical strategies that staff can put in place to support themselves and each other in a team environment.

**Target audience:** All employees.

## Caraniche 2nd Quarter Training: April-June

Topics for Caraniche Quarter 2 training are outlined below. Dates and venues will be announced shortly, and registrations will open soon. Sign up for our training updates to be advised as soon as further details are released.

Training course information can be viewed online and requests for topics and expressions of interest submitted at [work.caraniche.com.au/training/](http://work.caraniche.com.au/training/)

### Developing Dynamic Teams

**\$440 (one-day)**

CS

This training will explore the role and function of effective teams and provide strategies for leaders to develop and motivate colleagues and teams towards shared outcomes.

**Target audience:** Managers, team leaders and others who supervise or lead teams in the workplace.

### Operational Supervision: Simple Strategies for Managers

**\$440 (one-day)**

CS

Designed to optimise performance, this introductory workshop explores essential topics for the new operational or line supervisor. This workshop will address different roles of supervisors and managers, communication styles, providing feedback, emotional intelligence in the supervision relationship, goal setting and coaching, assertiveness and “managing up”.

**Target audience:** New and existing managers who have not yet had formal training, in both operational and frontline roles.

CS

Core Skills

SK

Specialist knowledge

# Caraniche 3rd Quarter Training: July – September

Topics for Caraniche Quarter 3 training are outlined below. Dates and venues will be announced shortly, and registrations will open soon. Sign up for our training updates to be advised as soon as further details are released.

Training course information can be viewed online and requests for topics and expressions of interest submitted at [work.caraniche.com.au/training/](http://work.caraniche.com.au/training/)

## Assertiveness and Confident Communication Skills

\$220 (half-day)

CS

This practical, half-day workshop provides attendees with skills and tools to develop and enhance interpersonal assertiveness in the workplace; in particular when managing relationships, conflict and competing priorities.

**Target audience:** All employees.

## Managing Mental Health in the Workplace

\$220 (half-day)

SK

This workshop provides managers and HR professionals with theoretical and practical training to understand and recognise mental health issues in the workplace.

**Target audience:** HR professionals, managers, team leaders and others who supervise or lead teams in the workplace.

## Psychological First Aid

\$440 (one-day)

CS

This training unpacks the framework and theory for providing Psychological First Aid as well outlining evidence-based frameworks that can be used as a part of Critical Incident Response (CIR). This practical workshop will also look at some common barriers to assertive communication within the context of providing support during a critical incident.

**Target audience:** Team leaders, frontline workers and those working in “first response” services.

## In-house training calendar

Caraniche can manage your in-house training calendar, including needs analysis, recommending topics, monitoring staff attendance, development of promotional materials and venue booking, evaluation of training outcomes and recommendations for ongoing workforce development.



For more information  
contact us on

03 8417 0500

[training@caraniche.com.au](mailto:training@caraniche.com.au)

[work.caraniche.com.au/training](http://work.caraniche.com.au/training)

# Caraniche 4th Quarter Training: October- December

Topics for Caraniche Quarter 4 training are outlined below. Dates and venues will be announced shortly, and registrations will open soon. Sign up for our training updates to be advised as soon as further details are released.

Training course information can be viewed online and requests for topics and expressions of interest submitted at [work.caraniche.com.au/training/](http://work.caraniche.com.au/training/)

## Resilience and Stress Management Strategies for the Workplace

\$440 (one-day)

CS

This workshop will consider the key concepts of resilience and stress in the workplace and provide practical strategies that staff can put in to place to support themselves and each other in a team environment.

**Target audience:** All employees.

## Domestic Violence/Family Violence and Mental Health in the Workplace

\$560 (one-day)

SK

This workshop is designed for managers and HR professionals who recognise that workplaces have a role to play in supporting employees experiencing mental health and family violence issues. It will equip attendees with an understanding of the knowledge, skills and best practice principles required to better respond to these complex issues.

**Target audience:** HR professionals, managers, team leaders and others who supervise or lead teams in the workplace.

## Training topics you would like to see

If there are additional topics you would benefit from us providing training on or existing topics you would like to see run more frequently, please submit topic requests or register your expression of interest at [work.caraniche.com.au/training](http://work.caraniche.com.au/training)



For more information  
contact us on

03 8417 0500

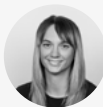
[training@caraniche.com.au](mailto:training@caraniche.com.au)

[work.caraniche.com.au/training](http://work.caraniche.com.au/training)

## Customised training

We can develop a customised training program, facilitated at your workplace at a date and time that suits you. Our current portfolio of training courses can be viewed online at [work.caraniche.com.au/training](http://work.caraniche.com.au/training)

## Trainer bios



### **Tegan Bradilovic**

*MPsych(Clin)*

Tegan is a registered Psychologist with a background in Applied Behavioural Analysis, working with children with autism and their families. Tegan has worked in the criminal justice system extensively, providing a range of therapeutic interventions, including group programs and individual counselling. She has also provided lecturing and tutoring to Criminology student studying Psychology.



### **Leila Greenfield**

*MPsych (Organisational), MAPS*

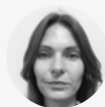
Leila is an Organisational Psychologist and has worked in a range of roles, including consulting, Organisational Development, Human Resources and research roles in private, public and not-for-profit sectors. She is experienced and qualified in training and facilitation, behaviour change, strategic management and executive coaching.



### **Cara Crossan**

*MSc Addiction Psychology & Counselling,  
Dip Clinical Supervision*

Cara is a qualified and accredited trauma and addiction therapist, consultant and clinical supervisor. She has extensive experience providing training in all areas of trauma and addiction, having worked in private, not-for-profit and the criminal justice system in Ireland, United Kingdom, Holland and Australia.



### **Dagmara Rowlands**

*MSc Social Work*

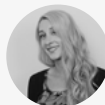
Dagmara is a registered social worker with experience in providing counselling, supervision and training; as well as delivering therapeutic AOD forensic programs, anger management, and behaviour change programs. Previously she has worked within statutory and voluntary sectors in the UK and Australia, in the fields of resettlement, criminal justice and family violence with individuals, couples and groups.



### **Bianca Fazzari**

*BBSc (Psychology), PGradDipPsych, Dip  
Human Resources Management*

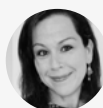
Bianca is a registered psychologist, with experience working across clinical and organisational contexts. Bianca's passion is to support people, build their capacity and resilience, and facilitate their development to optimise both personal and organisational outcomes.



### **Dr Kayleigh Young**

*BASc (Hons), DPsych (Clinical)*

Kayleigh is a registered Clinical Psychologist and skilled trainer and facilitator. She has expertise in a range of therapeutic services spanning clinical, forensic and organisational contexts, and has worked extensively in the design and implementation of Peer Support Programs that build internal capacity to respond to workplace mental health and wellbeing issues.



### **Alison George**

*BFA (Advertising), Grad Dip Counselling,  
Grad Dip Psych, MSWQ*

Alison is a registered Social Worker with extensive experience across a range of mental health sectors. She has also worked with workplaces, schools and GPs to develop more effective tools and programs to better identify depression, anxiety and bullying and to build resilience and improve overall wellbeing.

# Caraniche at Work supports the learning and development needs of thousands of employees every year across Australia.



## To register

[caranichevic.eventbrite.com](https://caranichevic.eventbrite.com)



## More information?

Phone: 03 8417 0500

Email: [training@caraniche.com.au](mailto:training@caraniche.com.au)



## Venue

Melbourne CBD, Abbotsford, Richmond and Collingwood. See Eventbrite for details on individual sessions



## Course times

### One and two-day workshops

9.30am – 4.30pm

### Half-day workshops

9.30am – 12.30pm, or 1.30pm – 4.30pm

Meals, parking and lift access are all available.



## Pricing

All our pricing is inclusive of GST. Pricing is also inclusive of all Eventbrite administrative fees.

We offer a 10% discount on training costs for organisations that have an Employee Assistance Program (EAP), Supervision or Critical Incident Response (CIR) contract with Caraniche at Work. Please contact us for more information.

“This was a very good and informative session. I found it very useful and relevant to my job.”

“The trainer was brilliant. This is the best training/learning session I have ever done.”

“Really excellent! Interesting and I learned so much!”

“Very informative with excellent resources”

Making people the priority