

A PROACTIVE AND PREVENTATIVE APPROACH FOR MENTAL HEALTH AND WELLBEING MANAGEMENT

Dealing with the 'complexities of life' in the workplace.

The VTA People group invite you to a workshop focused upon better understanding the following:

- Some of the key external challenges affecting individuals – with an industry specific focus on gambling, drugs and alcohol, relationship and family.
- The direct and indirect impact of these challenges upon an organisation
- The importance of developing an effective organisational approach to promote mental wellbeing
- The best practice in early intervention for supporting mental health concerns within the workplace
- The practical tools and strategies which can underpin a holistic and operationally meaningful approach to workplace mental wellbeing

Date:

Thursday 4th April 2019

Time:

10:30am – 12:00pm

Followed by a light lunch

Venue:

VTA Offices,
Level 1, Mirrat House,
46 Kooringa Way,
Port Melbourne

Please confirm your attendance by emailing deborah@vta.com.au



Presenters:

Brianna Cattanach (Senior Occupational Therapist) of P2 Group – a specialist consulting firm who excel in assisting organisations effectively manage mental health and wellbeing in the workplace with a focus on balancing the needs of team members with the needs of organisations



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