



#### Did you know...

Injured workers with high resilience tend to **recover more quickly, return to work more quickly** and have less expensive claims?

Employees who reported having good health were 16 times more likely to report high levels of resilience and productivity!

#### Its a fact...

Increased resilience creates more positive attitudes towards recovery.

**2 hour training sessions** available from only **\$99 per person** (Minimum 6 in a group)

## Stress and Resilience Training

On-site training provided by Work Rehab's experienced consultants is delivered in a professional and interactive format, referencing CURRENT evidence based strategies, making our training relevant and beneficial for both Employees and Employers alike.

We pride ourselves on delivering training that promotes a healthy and productive workforce.

We teach you how to develop techniques to deal with stress and build resilience so you can perform better in the workplace and in your personal relationships.

Our education sessions on Stress and Resilience training, cover a comprehensive explanation of topics such as :

- Definition of resilience
- 7 traits of resilient people and tools to practice
- Workers perception on what affects their resilience
- **How to build your resilience**
- Definition of stress
- Causes of stress
- Impacts of stress
- **Benefits of stress**
- Side effects of too much stress
- How to monitor your stress level and know when you are experiencing too much stress
- **Techniques for managing stress**
- The 4 A's on dealing with stressful situations

We personalise and adapt our delivery to suit the specific needs of your organisation and your people. **Call us today**, chat with our knowledgeable, experienced staff and discover how we can add benefit to YOUR workplace.

*Work Rehab operates in Queensland, New South Wales, Australian Capital Territory, and South Australia. We are a Comcare and state-specific accredited workplace rehabilitation provider, and provide services across most CTP and Life Insurance domains. Our vision is to be Australia's preferred provider by delivering exceptional, innovative and personalised rehabilitation services.*