



Enable Workplace Consulting specialise in consultancy relating to workplace issues, and will tailor training to support you and your organisation create the ideal culture for your team.

Enable Workplace Consulting are specialised in providing workplace programs to help you improve workplace culture, change management or train in crisis response. We are able to adapt our workplace training programs to suit the needs of your team.

Training and courses can be conducted at your workplace, online or at a venue that we arrange with training tailored from lunchtime, through to half day, single day or two to three day workshops, depending on the needs of your organisation.

We can provide consultancy, education and training in:

- Employee health and wellbeing
- Crisis Response and strategic organisational response to crisis
- Understanding staff motivation and needs
- Minimising risk and stress in the workplace
- Equal employment opportunity
- Sexual harassment
- Bullying & Bystander behaviours
- Performance management
- Employee engagement
- Professional supervision & coaching
- Trauma support

Please note that we have not announced 2023 dates for some of the training opportunities offered by Enable Workplace Consulting in this program.

Feel free to express interest via phone or email:

T | 03 9663 9168

E | [mail@enableworkplace.com.au](mailto:mail@enableworkplace.com.au)



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**FEB  
23 & 24  
2023**

## **Crisis Response in the Workplace**

- DURATION: Two Days
- DELIVERY: Online
- DATES: Thursday 23rd and Friday 24th February 2023
- FACILITATORS: Ange Wallace & Jeanene Howard
- TIME: 9.30am to 4.30pm AEST



This training is designed for those managing staff in the workplace, those responding to incidents in client/customer organisations, and particularly those in peer support roles within the workplace.

This training explores differences between crisis response and other longer-term responses such as counselling.

### **TRAINING OUTLINE:**

- Crisis Intervention and Critical Incident Stress Management (CISM)
- Psychological First Aid Crisis Communication Skills
- Psychological & behavioural reactions to Critical Incidents
- Interactional Group Processes (for example Immediate Small Group Support/ Defusing)
- Referring on for Powerful Event Group Support (PEGS)/Debriefing
- Stress Stocktakes and working with cumulative stress situations
- Resilience and Post-Traumatic Growth/Self-Care

### **COST**

**General Attendance - \$480.00** \$432 per person (plus GST \$48) = \$480 per person

**Book here:** <https://www.enableworkplace.com.au/offers/YdpBzrfC>

**Group/CIMA Member Rate (3 or more) - \$418.00** \$380 per person (plus GST \$38) = \$418 pp

**Book here:** <https://www.enableworkplace.com.au/offers/BKC82zzX>

# Youth Mental Health First Aid

2023  
dates  
TBA



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**The course teaches adults how to assist adolescents who are developing a mental health problem or are in a mental health crisis.**

Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, and where and how to get help when a young person is developing a mental illness.

It also teaches what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

- This is a 14 hour course delivered as a 2-day training package (7 hours per day)
- The dates are TBA
- Course participants receive a copy of the Youth MHFA Manual to keep, and a Certificate of Completion
- The venue for both training dates is Level 1, 156 Collins St Melbourne (aka the Enable building)
- Gourmet catering will be provided each day by wonderful local café The Postal Hall on Russell St
- Cost \$330 (inc GST)

This course is for adults supporting adolescents aged between 12 and 18 years. However, the course can be relevant for those helping people who are a little younger or older.

## **Facilitated by Mish Kumar-Jonson**

Mish (She/They) is a qualified Social Worker with ten years of experience in the health and human services sectors domestically and internationally, who has recently come on board as an Enable clinician.

Mish brings a wealth of Youth Mental Health training expertise, and is thrilled to share this knowledge with the Enable community.

Mish is founder of The Iceberg Foundation, which works to improve the psychological health and wellbeing of people of all genders, ages, sexual orientations, relationship orientations, abilities and walks of life.



## Dates Strategic Response to Crisis

**TBA**



DURATION: Two Days  
DELIVERY: In person or Online  
DATES: TBA  
TIME: 9AM - 5PM  
FACILITATOR: Alexina Baldini  
LOCATION: Level 1, 156 Collins Street, Melbourne 3000



This course focuses on the sequence of crisis intervention processes to use, for which individuals and/or groups, at what times and under what circumstances.

### TRAINING OUTLINE

- Understanding and education on how to create an effective plan of action to assist people in crisis.
- Insight into the frameworks for use in strategic planning and tactical decision-making processes to determine the best crisis intervention process for particular situations.
- Insight to the organisational and team structures needed to support implementations of interventions.

*Please note: Persons wishing to undertake SRC will have completed at least one of the ICISF accredited training. Assisting Individuals in Crisis, Group Crisis Intervention (or the combined GRIN course)*

Includes participant manual, morning tea, lunch, and afternoon tea.

This training is accredited with the International Critical Incident Stress Foundation (ICISF) and participants receive the appropriate CIMA registration and ICISF completion certificate.

### COST:

\$814.00 General Attendance

\$748.00 CIMA Members and Group Rate (3 or more)





**Dates**  
**TBA**

## Psychological First Aid

DURATION: One Day  
DELIVERY: In person or Online  
DATE: TBA  
TIME: 9.30am to 4.30pm  
LOCATION: Level 1, 156 Collins Street, Melbourne 3000 (map)  
FACILITATOR: Alexina Baldini



Psychological First Aid (PFA) is designed to be practical, flexible and modular in its approach and the first universal intervention with the Critical Incident Stress Management (CISM) framework.

As an approach to helping people in the immediate aftermath of disasters, emergencies, crisis, accidents, assaults, trauma and stressful events PFA can assist in reducing initial distress if delivered in a non-judgemental and supportive manner.

PFA can assist in helping people to cope in the hours, days and weeks following the situation and encourages them to access a range of other supports such as family, friends, community agencies and specialist services.

### TRAINING OUTLINE:

- What is Psychological First Aid (PFA)?
- Goals of PFA, including adaptations for children and adolescents.
- Core principles of promoting safety, calm, connectedness, self-efficacy, help and hope.
- Core actions and models in use in Australia and internationally.
- Staying in role, respecting boundaries and agency and service system guidelines.
- Helper self-care.

All participants receive a CIMA Attendance Certificate

### COST:

\$396.00 General Attendance

\$346.50 CIMA Members and Group Rate (3 or more)



**Dates  
TBA**

## **Assisting Individuals in Crisis & Group Crisis Intervention (GRIN)**



DURATION: Three Days  
DELIVERY: In Person  
DATES: Dates TBA  
FACILITATOR: Alexina Baldini



This training assists participants in how to respond effectively to incidents and crises in order to support people in the community, their colleagues and the organisation in the most appropriate way. This training will focus on both individual and group processes and is useful for all staff, particularly those in any peer support role within workplaces.

### TRAINING OUTLINE

- Crisis Intervention and CISM terminology and background
- Introduction to Psychological First Aid
- Crisis communication skills
- Psychological and behavioural reactions to critical incidents and approaches to people in crisis
- Group Informaional techniques such as Crisis Management Briefing (CMB)
- Rest, Information and Transition Services (RITS)
- Immediate Small Group Support (ISGS)/Defusing
- Group Interactional techniques such as Powerful Event Group Support (PEGS)/Critical Incident Stress Debriefing
- Stress Stocktakes
- Resilience/wellbeing sessions and associated strategies
- Values, ethics and practice standards
- Post traumatic growth; and
- Well being and self care.

Includes participant manual, morning tea, lunch, and afternoon tea. This training is accredited with the International Critical Incident Stress Foundation (ICISF) and participants receive the appropriate CIMA registration and ICISF completion certificates.

COST: \$1177.00 General Attendance

\$1115.00 CIMA Members and Group Rate (3 or more)

**dates  
TBA**

## **Assisting Individuals in Crisis & Group Crisis Intervention (GRIN)**

DURATION: Three Days  
START TIME: **9am to 5pm each day**  
Participant manuals, morning tea, lunch  
and afternoon tea provided  
DELIVERY: In Person  
DATES: TBA - held over three consecutive days  
FACILITATOR: Alexina Baldini  
VENUE: **Level 1, 156 Collins St, Melbourne**  
DRESS CODE: Casual Attire  
COST: \$1177.00 General Attendance (for three days)



The address is Level 1, 156 Collins St Melbourne.

Our conference room is on Level 1 inside the Assembly Hall building at 156 Collins St.

Enter the building via the main entrance on Collins St.

Hop in the lift, lift is on your left at the top of these entry steps.



Take the lift to Level 1. There's also a staircase if you prefer, that will take you to Level 1.

Join us in the conference room.

If you have any problems finding us, or any other queries,  
please call (03) 9663 9168