



Psychological Stress – Understanding and managing the impact in your workplace

As a growing area of concern for employers, psychological stress and other related mental health conditions are becoming increasingly evident in society and becoming a part of what needs to be managed and understood in the workplace.

In this session, our facilitator will address the following:

- Understanding psychological stress and its link to mental illness
- Identifying early signs
- Prevention through self-awareness
- Effective communication
- Strategies to address and manage
- Positive mental health at work

This interactive session will focus on supporting participants with strategies that can be practically applied in the workplace. It also provides an opportunity to hear from other organisations and learn how they manage psychological stress.

Session Details

Date:

Friday 21 August 2015

Location:

AMMA Boardroom
Level 6, 232 Adelaide St, Brisbane

Session Time:

9am arrival for 9:15am start.
Session will conclude at 10:30am.

Attendance at the Forum is complimentary and will include morning tea.

Please RSVP to:

Hilary Pakeman-Lester on
(07) 3239 2500 or email
hpakemanlester@dfp.com.au
by Friday 14 August 2015

dfp.com.au

The Facilitator



Dee Linehan is an Occupational Therapist (OT) & Workplace Wellness Coach specialising in the areas of injury management and prevention for over 10 years. Dee currently runs her own business – Domino Effect Consultancy. With experience across a range of industry sectors, Dee has been actively involved in promoting preventive programs to minimise the risk of injuries across a broad range of areas. These include stress prevention, preventing bullying and harassment and integrating fitness for work systems.