

Mental health and wellbeing training

Reduce workplace stress and improve business performance.

New eLearning and face-to-face in-service opportunities available.

LASA Aged Care Training Institute is pleased to offer two new learning modules to support the health and wellbeing of Australia's aged care workforce:

1. **A Healthy You – Understanding Self and Stress**
2. **Mental Health in the Workplace**

These modules are packed with insights and strategies to help you develop a greater awareness of mental health issues in the age services industry.

Designed for leaders, managers and staff, our new modules will help alleviate workplace stress, improve morale and boost the ability of staff to care for themselves and others.

LASA Aged Care Training Institute helps you conduct your professional development the way you want, with two options for delivery of all our training modules:

- online for people who want to work independently at their own pace; OR
- face-to-face at your premises to maximise whole-of-staff training, minimise down-time and reduce costs. (This option is available upon request anywhere in Australia.)

Speak to our friendly LASA Aged Care Training Institute team to find out how we can assist you with your specific needs.



Purchase our mental health and wellbeing modules as a dual bundle or as part of a Professional Development package.

A Healthy You – Understanding Self

One of the most important and often forgotten things caregivers can do, is care for themselves. When your needs are taken care of, the person they care for will also benefit. This course provides useful tips, advice and guidelines to help you understand the importance of self-care, how it will benefit you personally, and how achieving a 'healthier you' benefits not only yourself but how you perform in your personal and professional life.

Stress and Mental Health in the Workplace

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Topics include: mental health wellness; stress, burnout and anxiety; workplace stress; strategies for preventing and managing stress; workplace support and communication; personal mental health wellbeing.

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