

## PSA/CPSU NSW training course available in Albury

The PSA/CPSU will be running the following training courses in Albury:

- **Dealing with Workplace Bullying** Wednesday 4 March 2020
- **Mental Health, Care & Resilience** Thursday 5 March 2020

The courses start at 9:30 am and finish by 4:30pm.

The course venue is SS&A Club, 570-582 Olive Street, Albury.

### COURSE OUTLINES

#### Dealing with Workplace Bullying

This course is designed to assist members and delegates to understand what constitutes bullying and how to prevent and manage bullying and harassment at work. We look at relevant legislation and guidance materials that can assist.

#### Mental Health, Care and Resilience

This course aims to enhance mental health awareness. It provides participants with information, strategies and resources to assist in identifying and supporting a colleague/s with mental health issues and encouraging them to seek professional help. We also look at some useful strategies to manage stress and build personal resilience.

***Please be aware that we do discuss suicide and suicide prevention, and we ask that you be mindful of your health when considering enrolling for this course. We are not health professionals.***

PSA/CPSU NSW training courses are available at no charge to members.

The majority of PSA/CPSU NSW members are entitled to paid Trade Union Training Leave to attend these courses. Please check your Award or Agreement for details.

All members are invited and welcome, you do not have to be a delegate to obtain trade union training leave and to attend PSA/CPSU NSW training.

The PSA/CPSU NSW provides reasonable travel and accommodation costs to attend our training courses.

### HOW TO REGISTER

To register please do so online at the following link [psa.asn.au/training-you](https://psa.asn.au/training-you).

