



Premium Package for All Employers

SuperFriend's Premium Package (For All Employers) is a comprehensive training solution that supports staff and leaders with the knowledge they need to practice self-care, support their team and peers, manage challenging interactions in the workplace, and implement positive workplace strategies so they can thrive at work.

What's included?

Online Training Courses

Workplace Mental Health Essentials for All Staff

This course provides an introduction to workplace mental health and wellbeing to help to reduce mental health stigma and increase empathy. Learnings can be applied well beyond the workplace.

Workplace Mental Health Essentials for Leaders

This course provides learners with increased awareness for managing psychological risk and the importance of self-care for themselves and their team, and understanding on how to support a cohesive team and promote a mentally healthy workplace.

Managing Challenging Interactions for All Staff

This course provides an introduction to understanding conflict, including the common causes, identifying conflict management styles, person-centered communication strategies, how to de-escalate challenging interactions, and practicing self-care.

Positive Strategies for Success

This course provides individual team members with clear knowledge and practical strategies to boost their levels of engagement, productivity and psychological wellbeing while at work.

Resources

Tools

- Mentally Healthy Workplace Toolkit
- Mental Health and Wellbeing Information Card
- Giving and Receiving Feedback poster

Tip sheets

- Using an integrated approach to support your team
- Understanding your legal obligations
- Psychological risk and protective factors
- Five Ways to Wellbeing - Engaging people and teams
- The role of leaders in supporting mental health and wellbeing
- Active listening
- Empathy, sympathy and compassion
- Active, constructive responding
- Five Ways to Wellbeing - General Staff
- Legal rights and responsibilities - employees
- The mental health continuum
- Peer support
- Growth mindset
- Promoting a growth mindset
- Cultivating a growth mindset activity
- Grow your team's mindset activity
- Motivation
- Motivation cards activity
- Team motivation
- Team goal setting activity
- Positive leadership
- An introduction to strengths activity
- Identifying your strengths activity
- My top VIA character strengths activity
- The VIA classification of 24 Character Strengths
- An introduction to strengths
- Five tips to apply your strengths at work activity
- Job crafting
- Job crafting quiz
- Job crafting bingo activity
- Job crafting activity

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- Empowering job crafting
- Workplace culture
- Defining our team culture activity
- Strengths-based leadership
- Paper tower building activity
- Strength stars activity
- Identifying strengths in leaders activity
- My Team's Top VIA Character Strengths activity

Guides

- Looking After You Guide
- Building Thriving Workplaces: Guidelines and Actions
- Manager's Guide to Difficult Conversations in the Workplace

Indicators of a Thriving Workplace Report

SuperFriend's annual national 'Indicators of a Thriving Workplace' survey is the largest study of workplace mental health across all workplaces, sectors and industries in Australia.

Internal marketing and communications pack

Package details

- Suitable for all staff and leaders
- Access for up to 20 learners
- Learner activity and evaluation reports provided for online training

\$ 3,700
(plus GST)