

BE AMBITIOUS

WORKPLACE RESILIENCE

For the Entertainment and Events Sectors – managing stress and wellness

Work Health & Safety Skill Set

Developed by TAFE NSW Northern Sydney for the Entertainment and Events sector in collaboration with ACFIPS, the NSW Creative Arts Industry Training Advisory Body

COURSE DESCRIPTION:

This skill set addresses how to adapt to changing circumstances at work and to bounce back from challenges and stress. Work environment stress and mental health issues have a detrimental impact on both employee and organisational performance.

Manage the identification, review, development, implementation and evaluation of effective participation and consultation processes as an integral part of managing work health and safety (WHS).

Identify signs and sources of stress within job roles and strategies to aid recovery from stressful situations.

WHO SHOULD ATTEND:

Anyone involved in the performance arts sector who works alongside others.

COURSE OUTCOMES INCLUDING:

- Contribute to scoping work-related health and safety measures and initiatives
- Develop program plans
- Develop and implement personal stress management strategy
- Develop and Implement stress management strategies and techniques within a team
- Develop team and morale building strategies

EXPRESSION OF INTEREST

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COURSE SNAPSHOT

**Course: Statement of Attainment
in Workplace Resilience**
Product Code: 158-41072

TAFE NSW Subsidised Program

Delivery (1): 5 & 12 March 2018

**Location: TAFE NSW, St Leonards
Cameraygal Building (J)**
Level 4, Room J 4.16
213 Pacific Highway
St Leonards NSW 2065

Delivery (2): 19 & 26 March 2018

Location: The Arts Exchange
10 Hickson Road
Dawes Point NSW 2000

Time: 9:30 am – 2:30 pm

Units of Competencies:

BSBWHS410 Contribute to work-related health and safety measures and initiatives

BSBWOR403 Manage stress in the workplace

PRESENTER:

Alison is an experienced learning and development practitioner, engaged in design and delivery of Work Health and Safety competency based training for the performance and events sector as well as a broad cross section of industry. Working both as an independent contractor and within TAFE NSW, Alison has a diversity of experience, facilitating practical outcomes for participants.

Alison believes that work health and safety is integral to daily workplace operations and should have a practical application – not as a legislative burden.

UNITS COVERED:

BSBWHS410 Contribute to work-related health and safety measures and initiatives.

Covering the legislative requirements for organisations to develop and implement work related health and safety initiatives. This will include specifics of planning, resourcing and evaluating programs that reflect organisational needs.

BSBWOR403 Manage stress in the workplace.

Covering the identification of signs and sources of stress within job roles and the development of strategies to manage situations to enable recovery from stressful situations. The focus will be on both individual and team strategies.

COURSE STRUCTURE:**DAY 1**

Overview of the current status of Workplace Resilience in the performance and events sector. Discussions facilitated with participants to identify and share current level of knowledge and skill, based on specific industry context, recent industry based research into the mental health issues of the Australian entertainment industry and compliance obligations for the welfare of workers.

Issues to be addressed will include:

- Awareness of workplace stressors – managing your own and others wellbeing.
- Identifying intangibles – team stressors and their impact on team management strategies, specific to the performance and event sector.
- Resources available to support health and wellbeing initiatives, within the context of WHS legislative compliance.
- Initial development of an action plan to address specific needs of individual participating organisations and teams.

DAY 2

Practical application from the Day 1 outcomes – focusing on reviewing current industry scenarios, participants will workshop solutions to common industry experiences, exploring creative solutions and identifying strategies to implement workplace resilience practices.

During this session participants will have the opportunity to seek feedback on strategies to identify and implement issues facing their own organisation. This will include resourcing, responsibilities, timeframes, consultation, risk management and employment practices to develop health and wellbeing initiatives within their specific organisation.

COURSE OUTCOME:

Comprehensive understanding of workplace resilience and its importance within the performance and events industry, identifying work patterns and behaviours that contribute to the impact of mental health issues within the workplace.

Participants will develop an action plan to establish and review practical working solutions to address wellbeing and support positive workplace practices. This will include opportunity to workshop and review with industry colleagues.

SUPPORTING RESOURCE MATERIALS:

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

How to manage work health and safety risks - Code of Practice 2011

Work health and safety consultation, co-operation and co-ordination – Code of Practice 2011

Industry Research and support materials.

Participants to bring examples of their own health and wellbeing initiatives if available.