**Why workplace wellness interventions need to be sector wide and systems based. A case study from the human services sector**

Appendix A

These workshops include:

1. **Work Well workshop** – mandatory training for all staff

This half day workshop focuses on building resilience and personal productivity. The toolkit includes techniques to reduce distractions, skills to strengthen self- management and proven mindfulness techniques as described above.

2. **Stress Less**

Stress is costly at every level. This training provides practical strategies to better understand and manage stress, build resilience and optimism. It supports staff to better navigate the competing pressures of work and family life.

3. **Communicating Clearly**

Communicating at work is complex in the context of multi-generational teams, dispersed workplaces, unconscious bias and time pressures. Emotional intelligence underpins interpersonal relationships and effective communications. The Communicating Clearly training unpacks the dynamics behind listening and speaking effectively when it matters most.

4. **Supervision in Focus**

This training builds team members’ receptivity to being well managed. Ideally suited to new starters, the content includes: professional work practice, effective feedback skills and managing up. This workshop focuses on building resilience and personal productivity. The toolkit includes strengthening self-management skills and proven mindfulness techniques.

5. **Superfoods**

With chronic disease prevention and recovery front of mind, this workshop celebrates the joys, flavours and benefits of eating well. It helps staff understand the powerful benefits of nutritious food including its impact on mood, energy and resilience.

6. **Move Toward Your Goals**

This workshop builds team members’ receptivity to being well managed. Ideally suited to new starters, content includes: professional work practice, effective feedback skills and managing up.