

connect educate

Elevating & Empowering Workplaces:

Training That Matters





TAILORED EDUCATION

FOR EVERY LEADER & EMPLOYEE

We see a clear pattern: both employees and leaders are impacted by work environments - poor leadership, lack of support, unrealistic demands, and missing psychological safety frameworks. Peak performance and wellbeing start with the right support for everyone in the organisation. Investing in both people and systems doesn't just reduce risk; it builds trust, creativity, and human potential.

Our evidence-based workshops are practical, tailored, and delivered by experienced psychologists, clinical social workers, and mental health experts. This practitioner-led approach goes beyond theory, sparking meaningful conversations, addressing root issues, and providing ongoing support when needed. With real-time workforce data, we ensure relevance and measurable impact.

We don't do "set-and-forget."

We partner with leaders and teams to turn insights into lasting change, helping everyone stay resilient, adaptable, and compassionate while embedding psychological safety as a driver of performance and innovation.

WELLBEING TRAINING

SCIENCE-BACKED, FULLY CUSTOMISABLE

45-Minute Co-Branded Conversations

Short sessions connecting leaders with our mental health experts. Model vulnerability, reduce stigma, and show mental health is a priority.

Small-Group Work & Partnered Dialogue

Safe spaces for deeper exploration of key topics. Build trust, improve communication, and strengthen team dynamics.

Webinars

Interactive sessions for remote and hybrid teams. Expert-led education on burnout, resilience, and navigating change, with practical takeaways.

Workshops

Face-to-face practitioner-led deep dives into complex workplace needs. Immersive workshops with tailored, actionable content.

Events & Guest Speaking

Bring our experts to keynotes, panels, or summits. Spark meaningful conversation and drive cultural change.

It was far beyond my expectations. I think it's been a life-changing event for some people. I ran into perhaps one of the more passive, gentle souls in a café today, and he told me, unprompted, that had he done this course 5 years ago, he'd be a different (happier) person today.

Michael Schuh - Knight Frank



EVIDENCE BASED TOPICS

TAILORED TO YOUR ORGANISATIONS NEEDS



Supporting the Next Generation: Wellbeing for Young Workers

Managing AI Anxiety: Thriving in a Changing Tech Landscape

Navigating Multigenerational Workplaces: Psychological Safety in Action

Menopause in the Workplace: Health, Identity & Performance

Neurodiversity: Inclusive Work Design and Support

Psychological Safety: From Policy to Practice

The Bottom Dollar & Wellbeing: Financial Stress at Work

Team Resilience: Building Capacity for Stress & Change

Self-Care Isn't Selfish: Workplace Habits That Support Mental Health

Occupational Violence & Aggression: Trauma & Risk Mitigation

Empathic Leadership: Driving Wellbeing Through Connection

Trauma-Informed Practice at Work: Safe Spaces That Empower

PRICING

INVESTING IN KNOWLEDGE

Sustainable training isn't a one-off; it's a long-term investment in your people and your organisation. By embedding skills over time and aligning them with real workplace challenges, you strengthen capability, reinforce behaviour change, and accelerate a culture of psychological safety, team resilience, and culture.

Our pricing is structured to support the ongoing learning of workplaces, leaders, and employees.

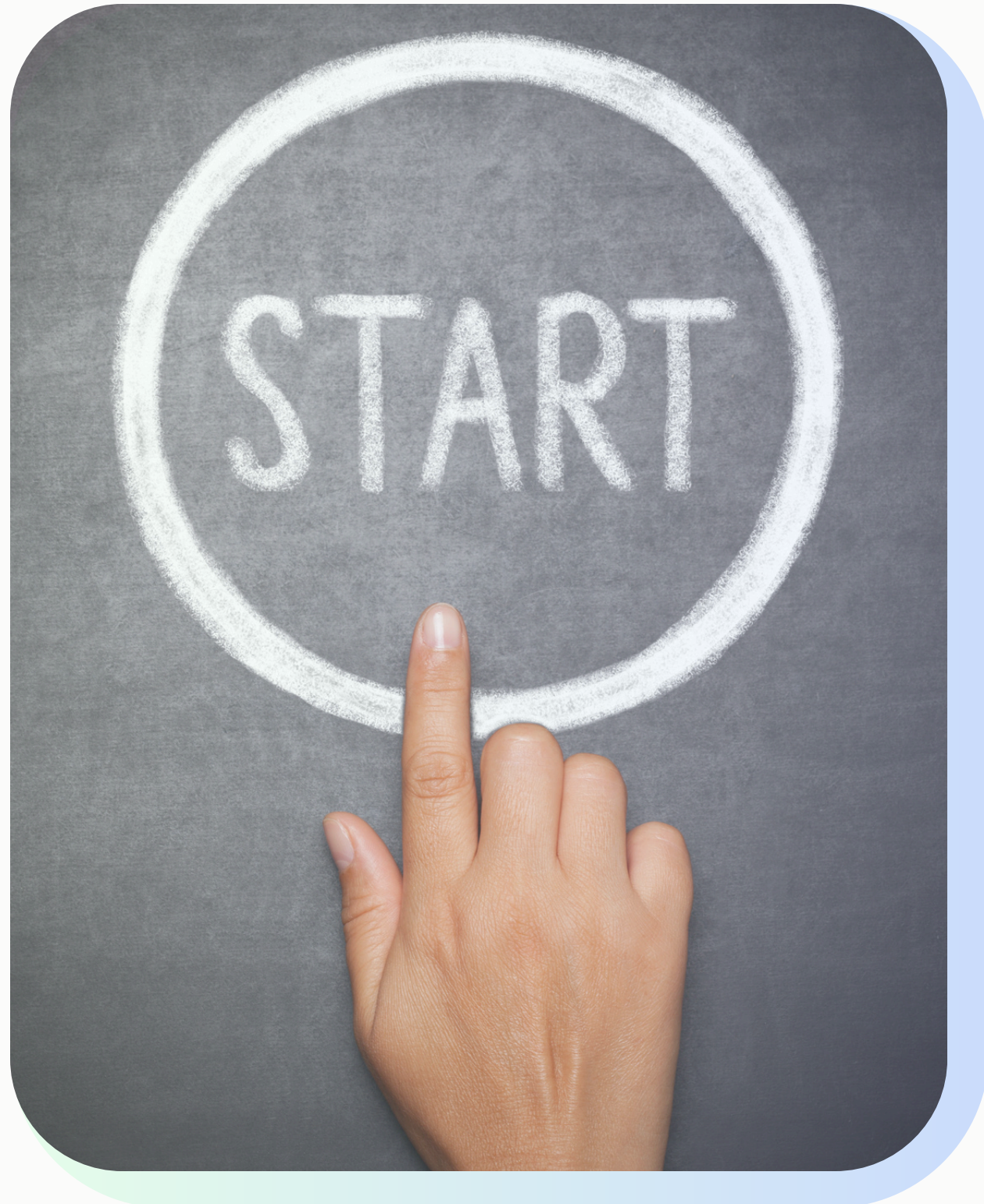
Current Connect Psych Services EAP clients receive 10% off standard training rates, with customised packages available for series bookings.

Ask us how we can create a tailored program for your team.



LET'S TALK

AND BUILD A WORKPLACE WHERE PEOPLE THRIVE



Not sure where to start?

Book a free 15-minute discovery call to discuss your team's needs and receive a tailored training map.

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CONNECT



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