



## WHS and Training Compliance Solutions Working Towards Positive Changes

Strategies to improve employee well-being programs, appropriately training managers, supervisors, employees and team leaders will improve the safety performance. Improving the safety performance will increase the productivity, performance and communication.

### Event + Response = Outcome = Return On Investment

Work-related stress + Better response from the business = Increased productivity, performance and communication

## Creating Culture of Care



Let's start your journey to support and help your loved ones, friends, colleagues, someone you are managing...on their journey to recovery.  
I am here to support, help and assist you.

### 5 Pillars of Recovery

1. Hope
2. Personal responsibility
3. Education
4. Support
5. Self advocacy



### Blog - WHS

I thought at one stage winning the lotto would remove the stress factor in my life, but then thinking about buying the lotto ticket, and how I would spend the money, made me more stressed. You know right? We all know what stress feels like and...

[Read more](#)  
[whsandtrainingcompliance.co...](http://whsandtrainingcompliance.co...)

## FACT BOARD

- **Work related stress** is the second most common compensated illness,
- **\$542** million is paid in worker's compensation for work related mental health conditions,
- 2011-2012 and 2014-2015, around **91% of workers compensation claims** involving mental health condition were **related stress**.
- Based on the National Health and Safety Commission, **work related stress** accounts for the longest stretches of **absenteeism**

## UPCOMING EVENTS

## Mental Health First Aid

### Brisbane

**20-21 February** 8:30 AM-04:00 PM  
George Williams Hotel Brisbane  
317-325 George Street Brisbane QLD  
4003

**20-21 March** 08:30 AM-04:00 PM  
6/211 Leitchs Road Brendale QLD  
4500

### Townsville

**13-14 March** 08:30 AM-04:00 PM  
Arcadian SLSC Strand Clubhouse-  
The Rock Pool, The Strand,  
Townsville,

### Toowoomba

**05-06 June** 08:30 AM-04:00 PM  
Toowoomba City Library Building  
Level 3 155 Herries Street  
Toowoomba 4350 QLD

## Health and Safety Representatives (5 days)

### Brisbane

**04-08 February** 8:30 AM-04:00 PM  
George Williams Hotel Brisbane  
317-325 George Street Brisbane QLD  
4003

**11-15 February** 08:30 AM-04:00 PM  
6/211 Leitchs Road Brendale QLD  
4500

### Toowoomba

**25 Feb-01 March** 08:30 AM-04:00  
PM  
Toowoomba City Library Building  
Level 3 155 Herries Street  
Toowoomba 4350 QLD

## Health and Safety Representatives Refresher

### Brisbane

**22 February** 8:30 AM-04:00 PM  
George Williams Hotel Brisbane  
317-325 George Street Brisbane QLD  
4003

**22 March** 08:30 AM-04:00 PM  
6/211 Leitchs Road Brendale QLD  
4500

### Toowoomba

**08 March** 08:30 AM-04:00 PM  
Toowoomba City Library Building  
Level 3 155 Herries Street  
Toowoomba 4350 QLD

### Townsville

**15 March** 08:30 AM-04:00 PM  
Arcadian SLSC Strand Clubhouse-  
The Rock Pool, The Strand,  
Townsville,

## Training Calendar



## We are here to listen

Let's work together to create positive, safe  
and productive working environment, that will  
improve your business performance.

[Start Improving Culture of Care](#)

Visit our Website

