

# From Compliance to Flourishing Mental Health at Work

Traditional approaches to mental health have focused on identifying and treating illness. Workplaces have largely followed this path with a typically reactive approach to mental health, aimed at identifying struggling employees and directing them to assistance.

This workshop will explore up-to-date science of work design and positive psychology in order to inform how workplaces can move from responding to illness, to illness prevention and creating thriving workplaces. Participants attending this session will leave with a number of affordable and free initiatives that can be quickly deployed for the benefit of all staff at their school.

## Learning Outcomes:

- » Understand the mental health continuum;
- » How to apply a risk management approach to prevent psychological harm to staff;
- » How to reduce the likelihood of mental illness and optimise staff wellbeing through application of positive psychology interventions;
- » How technology can be best utilized to do preventative mental health at scale.

## Additionally, participants will:

- » be provided with a discount code for their school for FlourishDx
- » receive a pack of "Flourishing Strengths" cards – based on the VIA Character Strengths.

**Date:** Tuesday 9 April 2019  
**Time:** 09:00 to 12:30  
**Venue:** WAPPA Business Centre  
**Member:** \$55.00 (inc GST)  
**Non-Member:** \$82.50 (inc GST)

## Jason van Schie | BPsych (Hons), MApp Psych (Org)

Jason van Schie is the Managing Director of People Diagnostix. He holds a Masters of Applied Psychology (Occupational), and has been working as a registered psychologist in Australia since 2005. Consulting to organisations and schools internationally (including Australia, UK, Germany, USA and Canada) on topics including mental health and sleep health/fatigue management for approximately 10 years, Jason is primarily a practitioner, however he is also an academic research contributor. Jason is an Independent Director on the Board of Australia's Sleep Health Foundation and a Director on the Board of Rehoboth Christian College.

