

Do You

Want to empower your staff to take greater responsibility for their own and others' wellbeing? Want to give your supervisors and managers the confidence and capability to deal with tricky people matters? Need the flexibility to be able to offer training at times that suit you or at various locations across the country?

What is Capability Based Training (CBT)?

It is Psychology for the Workplace – CBT are high impact seminars and workshops that deal with complex people matters in a highly engaging and practical way. CBT goes beyond the competency based approach to training to deliver real results and real skills. CBT is run exclusively by our team of expert psychologists who understand the importance of psychological wellbeing and building long term people capabilities in the workplace.

CBT is interactive and engaging, it is not a 'chalk and talk' or classroom approach to training, it is real, dynamic and applied – participants get to actually 'work' on real issues. Importantly, CBT workshops go beyond information, we build real capabilities in people that have a discernable impact on their confidence and contribution in the workplace. CBT topics include:

- ⊗ **Mental Health Awareness**
- ⊗ **Combating Conflict**
- ⊗ **Working Well with Change**
- ⊗ **Interpersonal Dynamics**
- ⊗ **The Art & Science of Coaching**
- ⊗ **Problem Solving & Decision Making**
- ⊗ **Building Resilience**

CBT Seminars are 1hr in duration and are the perfect way to build knowledge and awareness around key workplace performance factors. Great for lunch'n learn and breakfast sessions and suitable for all staff levels.

CBT Workshops are 3.5 hours and fit neatly into morning and afternoon sessions to minimise workplace disruption. Suitable for all levels of staff, right up to executive and board levels. CBT is available right across Australia and New Zealand through our network of senior psychologists and expert facilitators.

Have a specific workshop in mind? Contact us, we are the experts at developing high impact workshops and have dozens of shorter, longer and alternative workshops available as well as coaching, consulting and survey services on offer.

What does Capability Based Training cost?

Capability Based Training Workshops cost \$2350 (excl gst) for 20 people, with an additional \$80 per person up to 35 people (we can do bigger groups on request) Capability Based Training Seminars cost \$1750 (excl gst) for 30 people. Further discounts are available for multiple workshop and seminar bookings.