

MENTAL HEALTH AND WELLBEING

- 15 + 22 FEB OR 15 + 22 MAR OR 14 + 21 JUNE** **MENTAL HEALTH FIRST AID - TWO DAYS**
Acclaimed evidence-based training and Mental Health First Aid accreditation
- 17 FEB** **PROVIDING MENTAL HEALTH SUPPORT**
Recognise and respond to mental health symptoms
- 25 MAR OR 28 JUNE, FREQ** **EMOTIONAL REGULATION TOOLS**
Managing mood and reactivity
- 29 MAR + 5 APR** **EVERYDAY COUNSELLING SKILLS - TWO DAYS**
Responding when the need arises
- 14 APR** **POSITIVE PSYCHOLOGY AND RESILIENCE**
Evidence-driven tools for wellbeing
- 28 APR** **MANAGING STRESS AND ANXIETY**
Tools to manage your thoughts
- 3 + 10 MAY** **ABORIGINAL MENTAL HEALTH FIRST AID - TWO DAYS**
Acclaimed evidence-based training and Mental Health First Aid accreditation
- 18 MAY** **MANAGING WORKPLACE MENTAL HEALTH**
For managers, supervisors and HR professionals
- 31 MAY** **UNDERSTANDING DISSOCIATION**
Develop awareness and provide better support
- 9 JUNE** **SUICIDE PREVENTION PLANS**
A personalised approach
- 15 JUNE** **BODY IMAGE: ISSUES AND TOOLS**
Practical tools for healthy body image

MARKETING, EVENTS AND OPERATIONAL SKILLS

- 16 MAR** **TIME MANAGEMENT TOOLS**
Getting more from your most precious resource
- 10 MAY, FREQ** **MARKETING ON A SHOESTRING**
Pitching, profile, promotions
- 24 MAY** **SUCCESSFUL EVENT MANAGEMENT**
Strategies and secrets

HUMAN RESOURCES, DIVERSITY AND INCLUSION

- 15 FEB, FREQ** **ABORIGINAL CULTURAL COMPETENCE**
Moving beyond awareness
- 10 MAR** **DISABILITY AWARENESS: ACCESS AND INCLUSION**
Beyond compliance
- 6 APR** **GENDER AND SEXUALITY: DIVERSITY AND INCLUSION**
Improving inclusion and customising support
- 12 APR** **MANAGING CHALLENGING PERSONALITIES**
Diverse personalities and how to engage them
- 13 APR** **INCLUSIVE WORKPLACES**
Embracing diversity and welcoming everyone
- 30 JUNE** **DIFFICULT CONVERSATIONS AND DELIVERING FEEDBACK**
Compassion, clarity, courage

GOVERNANCE AND LEADERSHIP

- 24 FEB** **SUCCESSION PLANNING FOR STAFF AND BOARDS**
Preparing for change
- 26 + 27 APR** **GAINING GRAVITAS - TWO DAYS**
Personal presence, charisma, impact
- 17 MAY** **ON BOARD: INTRODUCTION TO GOVERNANCE**
Skills for organisational stewardship
- 8 JUNE** **LEADING OTHERS: NEW MANAGERS AND SUPERVISORS**
Integrity, compassion, outcomes
- 16 JUNE** **STRATEGIC PLANNING SKILLS**
Getting to where you want to go

COMMUNITY BUILDING, ADVOCACY AND STAKEHOLDER ENGAGEMENT

- 3 MAR** **GRANT WRITING**
Tools to increase your chances of funding
- 11 MAR** **COMMUNITY CONSULTATION TOOLS**
Engagement, education, empowerment
- 14 JUNE, FREQ** **SYSTEMIC ADVOCACY**
How to influence decision-makers and change the world

COMMUNICATION AND INTERPERSONAL SKILLS

- 16 FEB OR 26 MAY OR 12 APR, FREQ OR 16 + 23 MAR, ONLINE** **DE-ESCALATING CONFLICT AND AGGRESSION**
Prevent violence and defuse volatile situations
- 23 FEB OR 4 MAY** **DEVELOP YOUR EMOTIONAL INTELLIGENCE**
Building your EQ
- 1 MAR OR 5 APR, FREQ** **PUBLIC SPEAKING: INTRODUCTORY**
Introductory public speaking skills
- 9 MAR** **COLLABORATION AND CONFLICT RESOLUTION**
Communication, clarity, compassion
- 23 MAR** **ASSERTIVE COMMUNICATION**
Standing your ground
- 31 MAR OR 6 + 13 APR, ONLINE** **BETTER PROFESSIONAL WRITING**
Clarity, continuity and creativity
- 5 MAY** **ENHANCED MEMORY**
Tools for retention and recall
- 12 MAY** **PUBLIC SPEAKING: INTERMEDIATE**
Improve your presentations!
- 19 MAY** **SHARING YOUR STORY**
Use your lived experience to inspire others
- 25 MAY** **GROUP FACILITATION TOOLS**
Holding the space
- 1 JUNE** **ADVANCED DE-ESCALATION SKILLS**
Specialist skills for challenging situations
- 23 JUNE** **PERSUASIVE COMMUNICATION**
Engage, influence and persuade
- 28 JUNE** **PUBLIC SPEAKING: ADVANCED**
Perceptive, persuasive, powerful

FOR COMMUNITY AND HEALTHCARE SERVICES

- 22 FEB, FREQ OR 15 + 22 JUNE, ONLINE** **TRAUMA-INFORMED CARE**
Reactions, realities, recovery
- 2 MAR** **UNDERSTANDING NEURODIVERSITY**
Benefits, differences and challenges of differently-wired brains
- 15 MAR, FREQ** **PROFESSIONAL BOUNDARIES**
Where to draw the line
- 17 MAR** **STRENGTHS-BASED PRACTICE**
Capability and resilience
- 24 MAR** **DIGNITY OF RISK**
Balancing human rights with duty of care
- 29 MAR, FREQ** **SUBSTANCE USE AND ADDICTION**
Tools to break the cycle
- 30 MAR** **DUAL DIAGNOSIS: MENTAL HEALTH AND SUBSTANCE USE**
Prevention, treatment, recovery
- 1 APR OR 2 JUNE** **DEFENSIBLE DOCUMENTATION**
Improved professional record keeping
- 7 APR** **VICARIOUS TRAUMA**
The ripple effect
- 11 MAY** **INTERGENERATIONAL TRAUMA**
Understand and support the next generation
- 24 MAY, FREQ** **TOWARDS POST-TRAUMATIC GROWTH**
Trauma, tenacity, transformation
- 22 JUNE** **UNDERSTANDING SELF-HARM**
A harm minimisation perspective
- 29 JUNE** **CLIENT-CENTRED PLANS**
Journeys towards wellbeing



FEATURED TRAINING COURSES

DE-ESCALATION SKILLS

Prevent violence and defuse conflict

Learn the tools to respond to threatening, violent or aggressive behaviour.

The standard course provides a grounding in core skills, with advanced and specialist courses also available.

GAINING GRAVITAS

Personal presence, charisma, impact

Blending leadership psychology with the body wisdom and vocal tools used by professional actors, this brand new two-day course builds the personal presence, authority and impact that true leaders display.

MENTAL HEALTH FIRST AID

Accredited three-year qualification

This internationally recognised two-day course is the mental health equivalent of standard First Aid.

Standard, Aboriginal and Refresher courses available.



All courses are available through our public training calendar or ask about a custom course for your group, delivered anywhere in WA or online.

MORE INFORMATION:

evolve@evolvewa.com.au
www.evolvewa.com.au

PUBLIC TRAINING CALENDAR

DURATION: One day, unless otherwise stated.
All online courses are two half-days.

LOCATION: **Dates in green** will be at our West Leederville premises.
Dates in gold will be held in Hamilton Hill, 5 minutes from central Fremantle.
Dates in blue will be live online group training, via Zoom

PRICES: (UNLESS OTHERWISE STATED)
One-day courses
\$315 standard | \$215 NFP | \$145 concession
Two-day courses
\$540 standard | \$370 NFP | \$250 concession

SCHOLARSHIPS: Offered for every course to those with financial barriers.
Apply via our website

BOOK HERE:  evolvewa.com.au/bookings

CUSTOM COURSES FOR YOUR ORGANISATION

In addition to this public training calendar, all courses can be customised to suit your needs and scheduled to suit your group's availability.

DURATION + CONTENT: Tailored to your group's exact needs and industry context

LOCATION: Available anywhere in Western Australia

PRICES PER GROUP: One-day courses (up to 24 people)
\$2200 standard | \$1850 NFP
Other length courses - please request a quote

CONTACT: katrina@evolvewa.com.au | (08) 6117 5520

EVOLVE

TRAINING CALENDAR 2022

FEBRUARY – JUNE

OUTSTANDING PROFESSIONAL DEVELOPMENT COURSES

NEW LOCATION FOR 2022

Whadjuk Noongar Boodjar
Level 1, 20 Southport Street
West Leederville WA 6007

PH: (08) 6117 5520
evolve@evolvewa.com.au

EVOLVEWA.COM.AU

SPECIALIST ADVOCACY COURSES

ADVOCACY WORKFORCE: ADVANCING RIGHTS AND EQUITY

AWARE is sector-driven specialist training for existing and potential individual advocates working in the areas of social justice and human rights.



Starting in late February 2022, the pilot course, funded by Lotterywest, will run for 12 weeks and is available for a nominal fee of less than \$100. The course is expected to sell out once bookings open, but you can express your interest in participating by emailing aware@evolvewa.com.au.

Further information about the project can be found at: evolvewa.com.au/aware

EMPOWER: DISABILITY-LED ADVOCACY TRAINING

EMPOWER is a project funded by the Department of Communities to support self-advocacy and associated community supports for people with disability.



Self-Advocacy Course: Your Rights, Your Voice, Your Choice

Free two-day self-advocacy course for people with disabilities. Co-designed by People with Disabilities WA (PWdWA) and delivered in partnership with the EMPOWER project.

Choose from: 4 + 7 Feb: Joondalup | 18 + 21 March: West Leederville
3 + 4 May: Lakelands | 27 + 30 May: online

Support Self-Advocacy Course

Free intensive one-day course designed to build the capacity of families, carers and others to "walk alongside" people with a disability and support their advocacy journeys.

Choose from: 18 Feb: Joondalup | 4 April: West Leederville
13 May: Lakelands | 10 June: online

Bookings: evolvewa.com.au/empower