

MENTAL HEALTH FIRST AID

- 26 + 27 FEB** or
1 + 2 APR or
7 + 8 MAY or
24 + 25 JUNE
- MENTAL HEALTH FIRST AID - TWO DAYS**
Acclaimed evidence-based training and Mental Health First Aid accreditation
- 18 + 19 MAR** or
28 + 29 MAY
- ABORIGINAL MENTAL HEALTH FIRST AID - TWO DAYS**
Acclaimed evidence-based training and Mental Health First Aid accreditation

MENTAL HEALTH AND WELLBEING

- 28 MAR**
- UNDERSTANDING NEURODIVERSITY**
Benefits, differences and challenges of differently-wired brains
- 8 APR**
- PSYCHOSOCIAL HAZARDS IN THE WORKPLACE**
Identify and address psychosocial risk
- 10 APR**
- ABORIGINAL MENTAL HEALTH AWARENESS**
Social and emotional wellbeing for Aboriginal people
- 14 MAY**
- MINDSET MATTERS**
Cognitive tools for reframing self-talk
- 27 MAY**
- POSITIVE PSYCHOLOGY AND RESILIENCE**
Evidence-driven tools for wellbeing

PUBLIC SPEAKING

- 13 MAR** or
20 MAY
- PUBLIC SPEAKING: INTRODUCTORY**
Introductory public speaking skills
- 19 JUNE**
- MASTERING CEREMONIES**
Advanced MC skills
- 2 JULY**
- PUBLIC SPEAKING: INTERMEDIATE**
Improve your presentations!

DIVERSITY AND INCLUSION

- 4 MAR** or **1 MAY**
or **18 JUNE**
(1/2 DAY ONLINE)
- NEURODIVERSITY IN THE WORKPLACE**
Understand and support neurodivergent staff
- 5 MAR** or **6 MAY**
or **2 JULY**
(1/2 DAY ONLINE)
- ABORIGINAL CULTURAL COMPETENCE**
Moving beyond awareness
- 7 MAR**
- DISABILITY AWARENESS: ACCESS AND INCLUSION**
Beyond compliance
- 12 MAR** or
28 MAY
(1/2 DAY ONLINE)
or **26 JUNE**
- MANAGING CHALLENGING PERSONALITIES**
Diverse personalities and how to engage them
- 9 APR**
- CULTURAL DIVERSITY AND INCLUSION**
Identity, insight, inclusion
- 9 MAY**
- INCLUSIVE WORKPLACES**
Embracing diversity and welcoming everyone
- 22 MAY**
- CODE-SWITCHING - NEW**
Living in two worlds
- 17 JUNE**
- WORKING INCLUSIVELY WITH ABORIGINAL STAFF**
Building better relationships

OPERATIONAL SKILLS

- 14 MAR** or
4 JUNE
- GRANT WRITING**
Tools to increase your chances of funding
- 21 MAR**
- ON BOARD: INTRODUCTION TO GOVERNANCE**
Skills for organisational stewardship
- 13 JUNE**
- TIME MANAGEMENT TOOLS**
Getting more from your most precious resource

COMMUNICATION AND INTERPERSONAL SKILLS

- 25 FEB** or
4 APR
(1/2 DAY ONLINE)
or **5 JUNE**
- DE-ESCALATING CONFLICT AND AGGRESSION**
Prevent violence and defuse volatile situations
- 25 MAR**
- ASSERTIVE COMMUNICATION**
Standing your ground
- 29 + 30 APR**
- GAINING GRAVITAS - TWO DAYS**
Personal presence, charisma, impact
- 16 MAY**
- BETTER PROFESSIONAL WRITING**
Clarity, continuity and creativity
- 18 JUNE**
- PERSUASIVE COMMUNICATION**
Engage, influence and persuade
- 1 JULY**
- ADVANCED DE-ESCALATION SKILLS**
Specialist skills for challenging situations

LEADERSHIP AND MANAGEMENT

- 6 MAR** or
3 JUNE
- LEADING OTHERS: NEW MANAGERS AND SUPERVISORS**
Integrity, support, outcomes
- 26 MAR**
- DIFFICULT CONVERSATIONS**
Compassion, clarity, courage
- 4 APR**
- COLLABORATIVE LEADERSHIP - NEW**
None of us is as smart as all of us
- 2 MAY**
- DEVELOP YOUR EMOTIONAL INTELLIGENCE**
Building your EQ
- 13 MAY**
- STRATEGIC DECISION MAKING - NEW**
Analysis, accountability, awareness
- 21 MAY**
- GROUP FACILITATION TOOLS**
Holding the space

COMMUNITY SUPPORT WORKER TOOLS

- 11 MAR** or
9 MAY
(1/2 DAY ONLINE)
- DEFENSIBLE DOCUMENTATION**
Improved professional record keeping
- 12 MAR**
(1/2 DAY ONLINE)
or **3 APR**
or **11 JUNE**
- TRAUMA-INFORMED PRACTICE**
Reactions, realities, recovery
- 20 MAR**
- UNDERSTANDING PERSONALITY DISORDERS**
Facts and fallacies
- 27 MAR**
- REFLECTIVE SUPERVISION - NEW**
Deepening professional guidance
- 15 MAY**
- INTERGENERATIONAL TRAUMA**
Understand and support the next generation
- 10 JUNE**
- DIALECTICAL BEHAVIOUR THERAPY (DBT) TOOLS**
Emotional regulation and integration
- 12 JUNE**
- PROFESSIONAL BOUNDARIES**
Where to draw the line
- 27 JUNE**
- EMOTIONAL REGULATION TOOLS**
Managing mood and reactivity
- 3 JULY**
- VICARIOUS TRAUMA**
The ripple effect

CERTIFICATE IN CHANGEMAKING (SUBSIDISED) **Advocacy, influencing and tools for creating a better world**

An eight-day course in systemic advocacy taking place on the following Saturdays from 10am - 4pm:

March: 15, 22, 29 | April: 5 | May: 3, 10, 17, 24

KALEIDOSCOPE INITIATIVE

Workplace readiness and job-seeking training and mentoring for migrants to reconnect with their chosen field in WA.

The Kaleidoscope Initiative provides **FREE** five-day Workplace Readiness Training followed by a 12-week one-on-one Mentoring Program for migrants of any visa background wanting to reconnect with their chosen field in WA.

Courses will be held in:

- February in West Leederville
- March in Fremantle
- other locations later in the semester

This is a partnership between the Australian Red Cross and Evolve WA and is funded by the WA Department of Training and Workforce Development.

For more details see the website: redcross.org.au/kaleidoscope



EVOLVE

MENTAL HEALTH FIRST AID

Mental Health First Aid is the **two day**, globally recognised, accredited training program which is the **mental health equivalent of physical first aid**.

Participants who pass the post-course test will be **accredited as a Mental Health First Aider** for three years before a half-day refresher is required.

We offer Standard, Aboriginal and Torres Strait Islander, Youth Aboriginal and Torres Strait Islander, Youth and Refresher Mental Health First Aid training.



MENTAL HEALTH FIRST AID Australia

PUBLIC TRAINING CALENDAR

DURATION: In-person courses - One day unless otherwise stated
Online courses - Half day

LOCATION: In-person - West Leederville | Online - Live via Zoom

PRICES: One-day courses
\$325 standard | \$220 NFP | \$150 concession

Two-day courses
\$555 standard | \$380 NFP | \$260 concession

Two-day Mental Health First Aid courses
\$590 standard | \$415 NFP | \$295 concession

Half-day courses
\$195 standard | \$135 NFP | \$87 concession

SCHOLARSHIPS: For those with financial barriers, apply via event page

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 Australia

PRICES PER GROUP: One-day courses (6 to 24 people)
\$2500 standard | \$1950 NFP
Other length courses - please contact us

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

VENUE HIRE: Enquire about hiring our centrally located West Leederville venue for your next training with Evolve

EVOLVE

TRAINING CALENDAR 2025 FEBRUARY - JULY

OUTSTANDING PROFESSIONAL DEVELOPMENT COURSES



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

Ph: (08) 6117 5520
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EVOLVEWA.COM.AU

CERTIFICATE IN CHANGEMAKING (SUBSIDISED)

ADVOCACY, INFLUENCING AND TOOLS FOR CREATING A BETTER WORLD

An 8-day Saturday course in systemic advocacy.

The Certificate in Changemaking is designed for Western Australians seeking to develop their skills in **systemic advocacy, campaigning and practical activism** to make a difference about the issues that matter.

The course will be delivered by a series of **experienced advocates** and will feature a presentation and Q+A with a veteran changemaker.

COURSE SCHEDULE 2025 (Saturdays 10am-4pm)

1. **15 March:** How to Change the World: Introduction to Systemic Advocacy
2. **22 March:** Campaign Planning
3. **29 March:** Tools and Tactics
4. **5 April:** Politics, Lobbying and Influencing Decision Makers + Brazen Hussies film screening
5. **3 May:** Media Skills and Secrets
6. **10 May:** Law for Changemakers
7. **17 May:** Grassroots Campaigning and Building Profile
8. **24 May:** Sustainable Activism and Regenerative Cultures + Wild Things film screening

COURSE PRICE: \$395 Standard | \$265 NFP | \$190 Concession

As a pilot course, this Certificate is **heavily subsidised** and is offered at around **10% of its commercial value**.



**BE THE CHANGE YOU WISH TO
SEE IN THE WORLD**

- Mahatma Gandhi