

The text "Training Syllabus" is positioned in the lower-left area of the image. It is written in a large, bold, white sans-serif font. The text is overlaid on a dark, semi-transparent rectangular area that covers the bottom left portion of the image, partially obscuring the speaker and the audience.

Training Syllabus

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Why Veretis?



As a leader in corporate psychology, Veretis holds over 40 years of experience providing genuine, ethical, and impactful support to organizations in Australia and worldwide. Our skilled team of psychologists and counsellors are dedicated to bringing about meaningful and effective change based on evidence, not assumptions.

We are passionate about empowering our clients to take charge of their personal and organisational outcomes, driving sustained success. Our bespoke, high-quality services in public and organisational mental health, well-being and performance are underpinned by data-driven psychometric tools, ensuring the best possible outcomes.

Our expansion into international markets is a testament to our commitment to excellence. We champion inclusivity, understand diverse cultures and deliver impactful results with a strong focus on effectiveness.

At Veretis, we continually innovate to improve the accessibility and relevance of mental health services, demonstrating our unwavering commitment to respecting the unique needs and life experiences of all individuals and organisations.





Workplace Essentials

Training Sessions

Sexual Violence and Harassment in the Workplace:
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Achieving Work-life Balance and Delivering Results 12



Enquire Now



Method of Sessions

Available via videoconference and in person. The videoconference will allow for the session to be recorded, edited, and returned to the organisation as an ongoing learning resource. A 1-page handout is available to provide highlights of the key learnings of the session.

Duration of Sessions

- 1 Hour: In-depth look at the training content
- 2 Hour: In-depth look at the training content, and values exploration to help each individual better understand their own perspective and biases
- 3 Hour: In-depth look at the training content, and hybrid action plan developed with the team (developing team communication and collaboration expectations)

Did you know...



One in three people (33%) have experienced sexual harassment at work.

Safe Work Australia, 2022



97% of workers say communication impacts their task efficacy on a daily basis.

Brosix, 2023



67% of workers feel less connected to their colleagues when working remotely.

RSPH, 2021



72% of workers believe work-life balance is a critical factor when choosing a job.

Gitnux, 2024

Key Learnings:

- Clear understanding of what sexual violence and harassment are.
- A developed skill set on addressing sexual violence and harassment when witnessing it in the workplace.
- Clear knowledge of the different ways to appropriately respond to/report sexual violence and harassment.
- Increased confidence to support those witnessed to be experiencing sexual violence and harassment at work.
- Recognition of their role in supporting a safe work environment for all.
- *Can be customised to talk to specific organisational policies and procedures.

About this Training:

It is now the responsibility of all Australian employers to ensure their environment protects employees from sexual violence and harassment, and prepare managers to respond appropriately to reports of violence and harassment in the workplace.

This training helps participants to understand what behaviours constitute sexual violence and harassment, and provides them key skills to supporting others when witnessing it in the workplace. The training results in educated and confident individuals, and a work environment that does not inadvertently condone or accept sexual violence.

Sexual Violence and Harassment in the Workplace: Identifying and Responding



Are your managers skilled to respond to sexual violence and harassment in the workplace?



Is your organisation appropriately prepared for updated legal requirements?

Implementing and Maintaining Healthy Boundaries



Do you see your people often going beyond their roles to support clients?



Are your people compromising their well-being or safety over their client/colleague's needs?

Key Learnings:

- Understanding the difference between personal and professional boundaries
- Recognising where our personal and professional boundaries can conflict, and managing this relationship.
- Understanding of when and where professional boundaries are likely to be blurred, and outcomes this can cause (e.g., burnout or professional setbacks).
- A set of skills for managing professional boundaries.
- Recognised action plan to respond to instances where professional boundaries may have been crossed.

About this Training:

Professional boundaries are integral in ensuring individuals can "stay safe" at work whilst achieving maximum outcomes for the organisation and its clients. Failing to do so can lead people even with the best of intentions to burn themselves out, or transgress into unethical behaviour despite trying to care for clients.

This training helps individuals to recognise the interplay between personal boundaries (values) and professional boundaries (policies and procedures), and ensure they maintain a working style that protects them and supports their performance.

Key Learnings:

- How to identify and navigate the cultural challenges of hybrid working.
- Effective virtual communication to avoid common pitfalls.
- Replicating the 'water cooler' conversation trading of ideas and team building.
- How to propagate: Psychological safety through a hybrid team.



Virtual Communication Skills

? Do your teams struggle to communicate effectively virtually?

? Have your teams struggled to switch to hybrid/ remote working arrangements?

About this Training:

Mastering virtual communication is a challenge that can cause misunderstandings and damage team performance. As many organizations adopt hybrid models, virtual communication skills are critical. Teams need to learn these skills quickly to remain effective. Training can help teams communicate effectively in a hybrid model, preventing breakdowns in collaboration. It's essential for organisations to implement hybrid or remote work models.

This is an essential program for any organisation/team implementing a hybrid or remote working model which will see team members collaborating and communicating more heavily through virtual methods.

Thriving in a Remote Work Environment



How do we make sure that our people are set up for success when working from home?



How can we support our people to set and maintain healthy habits when working remotely?

Key Learnings:

- Understanding the advantages and considerations of working remotely.
- A developed understanding of the PERMA-V model for resilience and happiness.
- Development of a daily routine which meets all the PERMA-V factors whilst working from home.
- Skills to "switch off" at the end of the workday.
- Keys to communicating whilst remote.

About this Training:

Although there is a push in many industries for people to return to the office, hybrid and remote working models are going to play a role in the future of our work.

Hybrid and remote working allows people flexibility to integrate work with their personal lives, there are documented benefits to this, however, like most things there are also considerations. The benefits of working from home (hybrid/remote) are not a given. People need to structure their routines in a way that allows these benefits to be realised, and avoid potential pitfalls (e.g., isolation and inability to switch off). This training helps people understand these considerations and set themselves up for success whilst working remotely.

Key Learnings:

- An understanding of the concept of "thriving" and the interplay between well-being and achievement.
- Knowledge of the 6 building blocks of positive well-being.
- Strategies to recognise early when work-life balance might be out of sync and how to correct prior to major issues presenting.
- A proactive plan to manage personal well-being and achievement.

Achieving Work-life Balance and Delivering Results

? Do you witness your people burning out?

? Is your team's motivation and energy hard to predict and inconsistent?

About this Training:

This training uses Martin Seligman's positive psychology theory to help participants develop a healthy relationship between their well-being and work to support them to "thrive".

The training helps them recognise that a thriving state is achieved through exhibiting healthy well-being habits and seeing success in the areas important to them (e.g., work).. It also helps participants to develop their own action plan to help proactively manage their well-being and achievements, reducing potential for burnout.



Leaders + Team: Training for Managers and Senior Leaders

Training Sessions

Effective Leadership 101: Supporting New Leaders 15

Understanding Self and Others: Diversity and Inclusion 16

Enhancing an Established Team:
Team Culture/5-behaviours of a Cohesive Team 17

Working Effectively as a Remote Team 18

Conflict Resolution & Crisis Management 19

Change Management 18

Enquire Now



Method of Sessions

Available via videoconference and in person. The videoconference will allow for the session to be recorded, edited, and returned to the organisation as an ongoing learning resource 1-page handout available to provide highlights of the key learnings of the session.

Duration of Sessions

- 1 Hour: In-depth look at the training content
- 4 Hour (half-day): A deeper dive into the fundamentals of people leadership

Effective Leadership 101: Supporting New Leaders



Have you or your staff struggled to step into a leadership or management position?



Do you struggle to create an environment for your teams to thrive in?

Key Learnings:

- Understand the fundamentals of leadership.
- How to transition from competent performing to creating an environment for others to be their best.
- How to utilise emotional intelligence to be a stable and consistent leader for others.
- Leading different personality types.
- How to create an engaged and motivated team moving in the same direction.

About this Training:

This workshop helps new or established leaders learn fundamental concepts of leadership and people management. They will learn to lead and manage multiple personalities, create an effective team environment, and use emotional intelligence to be a consistent and reliable leader for their teams.

It is suitable for current and future leaders and can be a standalone workshop or part of a broader leadership development strategy.

Key Learnings:

- Understanding the fundamental differences in the way people make decisions, interact with others, approach tasks, and how differences in preference types and thinking and working styles can support enhanced performance.
- Recognise which preference types are most effective in which situations.
- Understand how to adapt individual preference styles to succeed in different situations.

About this Training:

Teamwork can be either enhanced or hindered by our unique differences as individuals. To improve teamwork, it's important to understand the different ways in which we prefer to work.

The Myer-Briggs Type Indicator is an industry-leading tool for understanding personal behaviour, and this training focuses on using it to help teams better understand each other's working styles. By participating in this training, teams can become more cohesive and improve their performance.

Understanding Self and Others: Diversity and Inclusion

? Do you struggle with cohesion of work styles between your team?

? How do you draw out your team members' strengths to ensure efficiency and improve satisfaction?

Enhancing an Established Team: Team Culture and the 5-behaviours of a Cohesive Team

? Do you experience cultural differences within your teams?

? Are team members within your team not fitting in with the pre-established culture?

About this Training:

Veretis offers team culture workshops that focus on three core factors: using a culture assessment, developing an action plan, and providing practical opportunities for re-testing.

This ensures that the workshop is a strategic team activity that helps the team perform at its best. The result is an engaged team with a practical plan for developing their culture.

Key Learnings:

- Understanding team culture and what an effective constructive culture is.
- Creation of a common cultural language throughout the team, to help the team regularly review and reflect on the culture of the team.
- Culture action plan to help improve any work areas.
- Culture sustainment plan to help sustain and better utilise current strengths.



Key Learnings:

- Participants recognise that remote working requires conscious change and adaption of interpersonal collaboration.
- Discovery of the challenges in non-verbal communication.
- Development of communication strategies to foster effective team work,
- Understanding how to collaborate for success and manage interpersonal expectations.

About this Training:

Remote working is now a widely accepted and expected component of how we work. However, remote working comes with its challenges, which require conscious changes to how we collaborate and communicate to ensure our team stays cohesive and effective.

Understanding these conscious considerations helps participants to realise the benefits of remote working, and avoid the pitfalls.

Working Effectively as a Remote Team

? Do you recognise challenges in managing a hybrid/remote team?

? Is collaboration and effective team work challenging to maintain in your team?

Conflict Resolution and Crisis Management



Would your leaders be prepared to respond to interpersonal conflict between team members?



Are your people leaders equipped to remain calm, logical, and solution focused in a crisis?

About this Training:

Resolving conflict and leading through a crisis (e.g., a critical incident) can be some of the biggest challenges for people leaders as it requires them to manage and support people when they are emotionally charged.

This training program is designed to support people leaders proactively building strategies to manage these moments and keep their logical brains active during these emotionally charged times.

Key Learnings:

- Assertive communication skills.
- Open listening skills.
- Ability to enter difficult conversations with team members.
- Key skills to remaining calm in a crisis.
- Ability to lead others in emotionally charged situations.



Key Learnings:

- Understand the impact that mental health challenges do and do not have on performance.
- When the individual acknowledges their mental health challenges vs doesn't acknowledge.
- Structuring the conversation to be caring but direct.
- Relating issues to performance, not personality.
- Supporting a team member to comply with treatment.
- What if the individual refers to their mental health issue?

About this Training:

At Veretis, clients often ask how managers can discuss performance issues with employees experiencing mental health challenges. Avoiding these conversations can have a significant impact on the business.

This workshop helps leaders develop the skills to differentiate performance-related issues from mental health issues and support individuals to overcome their challenges.

Change Management

? Have mental health issues affected your work environment?

? How do you prepare to have a conversation with your colleagues about mental health issues?



Mental Health

Training Sessions

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Mental Health 101 25

Mental Fitness 26

Support Your Child's Mental Health 27

Probe a Psych 28

Enquire Now



Method of Sessions

Available via videoconference and in person. The videoconference will allow for the session to be recorded, edited, and returned to the organisation as an ongoing learning resource 1-page handout available to provide highlights of the key learnings of the session.

Duration of Sessions

- 1 Hour: In-depth look at the training content
- 2 Hour: In-depth look at the training content, and development of personalised mental health protection plan

Did you know...



The highest number of workplace injuries (52%) are related to stress and anxiety.

Forbes, 2023



Poor mental health costs the Australian economy from \$12.2 to \$22.5 billion each year.

Beyond Blue, 2024



42% of workers with poor mental health did not discuss their mental health with anyone at work.

Diversity Council Australia, 2023



One in 10 workers experience mental health issues due to their work.

Forbes, 2023

Key Learnings:

- Ability to recognise the early warning signs of diminishing mental health.
- Understanding of the prevalence of the major mental health disorders present in the community and workplace.
- Ability to support colleagues and link them with appropriate support services when they are feeling vulnerable.
- Ability to respond appropriately to acute situations (e.g., imminent risk of suicide or self-harm).

About this Training:

Mental Health First Aid is a recognised accreditation supporting individuals to be advocates for mental health and support those in their community when they need it most.

The accreditation is designed to help people recognise the early warning signs of poor mental health in others, how to "check-in" with others, and refer them to appropriate services available in the community/workplace.

Mental Health First Aid Accreditation: MHFAA Accredited Course



Are your key people educated on the key mental health issues likely to impact the work place?



Are your leaders walking the talk when it comes to mental health inclusivity and engagement?

Mental Health 101



Does your team understand how mental health challenges impact performance and relationships?



Do you know how to support team members with mental health issues?

Key Learnings:

- Good mental health vs poor mental health and what the common mental health challenges are.
- How mental health challenges impact our well-being, performance, and relationships.
- Recognising the early signs that we may be struggling with poor mental health.
- What can predispose someone to developing mental health issues?
- What can protect someone from developing mental health issues?
- How to live a mentally healthy lifestyle.

About this Training:

This training helps people understand mental health, debunk myths surrounding it, and recognise early signs of decline. Attendees learn what predisposes people to develop poor mental health, what protects them, and what they can do to stay mentally healthy.

The training also highlights professional support services available to reduce the significance of making that first step to accessing support. Attendees will be better prepared to sustain good mental health and fight stigma in the workplace.

Key Learnings:

- Understanding the 4 states of functioning (languishing, floundering, struggling and thriving) and what each looks and feels like.
- The interplay between our performance in areas of meaning and well-being.
- Positive psychology and living by PERMA-V.
- How to structure your day to ensure you are allowing the opportunity to perform and feed your well-being.

About this Training:

Our mental health is defined not just by our emotions but also by our ability to engage in meaningful activities. Our well-being and performance are closely linked. The better our well-being, the better we perform, and vice versa. A misbalance can lead to burnout and other issues.

This presentation helps people understand this relationship and recognise the signs of struggling. It supports teams in developing a balanced lifestyle to maintain ongoing well-being and consistent performance.

Mental Fitness

? Is your team affected by burnout?

? Do you struggle with enforcing positive corporate psychology in your teams?

Supporting your Child's Mental Health



Does your team struggle with parenting children with mental health issues?



How does your organisation support team members who are parenting children with mental health issues?

Key Learnings:

- Recognise the signs of strong and poor mental health in your child.
- Understand the different factors which predispose children to and protect them from mental health issues.
- Walk away with practical strategies to set a good mental health example for your children.
- Be better equipped to support children of all ages (including teenagers).



About this Training:

Supporting children's mental health can be challenging. This training will explore effective ways to support your child's mental health, from role-modelling healthy behaviours to open discussions.

The presentation is designed to help parents or people who play an active role in a child's life to better support their mental health and understand effective strategies to assist children through the challenges they may be facing.

Key Learnings:

- An opportunity for very customised and unique learning opportunities tailored to the specific desires of your team..



About this Training:

Probe a psych "flips the classroom" enabling your people to control the content and journey of the session. Participants provide their questions prior to the session with the presenter (a registered psychologist) responding to them as they appear on screen.

This interactive session allows content of most interest to your people to become the centre of the presentation. This training is routinely the most engaging session we host.

Probe a Psych



Are there some myths about mental health and psychology in your workplace?



Do your people experience unique challenges and stressors in their roles?



Personal Well-being

Training Sessions

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Effective Stress Management and Battling Burnout 32

Self-compassion and Empathy 33

Utilising Positive Psychology 34

Enquire Now



Method of Sessions

Available via videoconference and in person. The videoconference will allow for the session to be recorded, edited, and returned to the organisation as an ongoing learning resource 1-page handout available to provide highlights of the key learnings of the session.

Duration of Sessions

- 1 Hour: In-depth look at the training content
- 2 Hour: In-depth look at the training content, and development of personalised mental health protection plan

Bouncing Back: Building Resilience in Self and Others

? Do you find bouncing back from setbacks challenging?

? Do setbacks affect your motivation?

Key Learnings:

- Recognising internal vs external points of control to stay motivated in times of setbacks.
- How to create Win/Learn scenarios to help develop.
- Understanding how to engage in Performance Zone - Learning Zone loops.
- Adaptive thinking to learn from each setback and adopt a new, better approach to the situation.

About this Training:

This workshop teaches people how to bounce back from setbacks by coping with emotions, learning from the experience, identifying change points, and taking action to adapt and improve.

It promotes a growth mindset that recognises failures as learning opportunities to enhance personal motivation and long-term performance.

Key Learnings:

- Understanding what stress is.
- Common internal and external causes of stress.
- How to use stress to your advantage.
- Proactively managing stress.



Effective Stress Management and Battling Burnout

? Does your team struggle with chronic stress?

? Does burnout affect your teams' relationships and stress levels?

About this Training:

This workshop helps people understand what stress is, its causes, and how to use it to their advantage. It shows how to adapt attitudes and mindsets to stressful periods, turning survival into thriving.

Through developing a better understanding, attendees can manage their stress levels and develop the skills to achieve their goals.

Self- Compassion and Empathy



Do your people lack confidence, and exhibit hallmarks of "imposter syndrome"?



Are your people routinely hard on themselves and others?

About this Training:

When individuals are unaccepting of their personal fallibilities and growth areas they can develop a perfectionistic mindset which can stifle their creativity, confidence and motivation.

This training helps people to onboard a growth mindset to help them respond to setbacks in a positive manner which encourages learning and growth. The utilisation of empathy can also help individuals to relate with colleagues and clients to understand their experiences and respond effectively to them in a supportive and caring manner.

Key Learnings:

- A clear definition of what self-compassion and empathy is.
- Greater acceptance of personal strengths and work areas.
- Increased resilience and motivation
- Better quality relationships between team members.
- Enhanced ability to relate with clients and colleagues.



Key Learnings:

- Recognition of some of the key factors and trends likely to impact your wellbeing.
- Understanding of how key events and social circumstances are likely to impact psychological well-being.
- Strategies to respond to these factors and thrive for the year ahead.



Using Positive Psychology



Do you know what factors are likely to impact your people's psychology most?



Do your people appear optimistic or pessimistic about the future?

About this Training:

Each year Veretis releases a training session designed specifically to address the social, financial, political and cultural factors likely to influence our well-being during the 12 months.

The purpose is to help people recognise what is and is not in their control, and commit to a value-orientated mindset/lifestyle to support them to thrive and succeed during the calendar year, no matter what the world throws at them. Positive psychology continues to develop as one of the predominant fields, and can help improve well-being and performance for your staff.



Peak Performance

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Enquire Now



Method of Sessions

Available via videoconference and in person. The videoconference will allow for the session to be recorded, edited, and returned to the organisation as an ongoing learning resource 1-page handout available to provide highlights of the key learnings of the session.

Duration of Sessions

- 1 Hour: In-depth look at the training content
- 2 Hour: In-depth look at the training content, and goal development exercise
- 4 Hour (half-day): In-depth look at the training content, completion of the EQ-i assessment, and group debrief to develop a personal action plan
- Optional extra: 1-on-1 coaching session

Emotional Intelligence for Success



Does your team struggle with decision-making or perform actions with little consideration?



Do you want to build your teams' emotional intelligence?

Key Learnings:

- Understand what emotional intelligence is and how it relates to the workplace.
- Understand how emotions can hijack a person's thinking, behaviour, and attitudes.
- Have a level of comprehension of their own emotional intelligence strengths and work areas.
- Recognise how to respond to emotions, rather than just react
- Be better placed to perform at their best when the pressure is on.

About this Training:

Emotional Intelligence (EQ) is crucial for workplace performance. It helps individuals utilize their skills to the fullest and remain calm under pressure. Veretis assesses EQ when identifying potential hires.

Poor EQ can incapacitate decision-making and lead to poor performance. Our webinar helps people understand and develop their EQ strengths, with a half-day version including a proven assessment tool and development plan.

Key Learnings:

- Understand how habits are formed, and how our routines perpetuate them.
- Understand why some of our behaviours are performed without even thinking.
- How to remove/control triggers of negative habits from our daily routine
- Hacks to insert new positive habits into our lives.
- The mindset to sustained behaviour change to reach long-term goals.
- How to set positive goals that drive positive behaviours.

About this Training:

This presentation helps participants understand how to change behaviour and sustainably achieve goals. It educates on forming habits that support the journey towards goals and removing those that hinder progress.

The goal is constructed with consideration of the cost/benefit and small successes that act as signposts and motivators along the journey. Rated the top training by our managing director, this is a must-provide for your team.

Breaking Bad and Setting Good Habits



Do your people struggle with negative habits influencing their performance?



Do you struggle to create a culture of positively driven habits?

Effective Listening and Communication

? Do your people struggle to listen and communicate effectively?

? Do you know the common pitfalls of communication and why we may miss understand each other?

Key Learnings:

- A clear understanding of the three dimensions of communication (what I said, what I thought I said, and what the other person heard).
- Understanding the common pitfalls of communication.
- The keys to determining if someone has understood what you have said
- The power of open-ended questions.
- Active listening skills and ensuring you have heard the other person.
- Different communication styles: Passive, Aggressive, and Assertive.
- Effective digital communication: Replacing non-verbal cues.

About this Training:

Effective communication not only helps in avoiding conflicts but also enhances productivity. When team members can communicate their ideas and opinions effectively, it results in better decision-making and problem-solving. It also helps in building trust and improving relationships among team members, which leads to a positive work environment.

By upskilling your team's communication skills, you can prevent unresolvable arguments and enhance productivity.

Key Learnings:

- Understand the limitations of a perfectionistic mindset.
- Understand how a mastery-based mindset has helped many of the great elite sports dynasties and corporate teams to innovate and succeed.
- Why a mastery mindset will always keep you 1 step ahead of your competitors.
- Clearly understand the mindset of mastery and how it can be achieved.
- Power of performance zone - learning zone looping.
- The process of continuing to extend personal expectations and mastery.

About this Training:

Perfectionism is often seen as a key to success, but it can actually limit performance and stifle innovation. Mastery, on the other hand, is the mindset of reflecting on one's performance against their own capacity and seeking to improve it every time.

By harnessing a mastery mindset, individuals and teams can break through professional development plateaus and have more honest conversations about their performance.

Mastery vs. Perfectionistic Mindset



Do your people struggle with meeting deadlines because of their perfectionist tendencies?



Do you want to utilise your team's perfectionism to its advantage?



Programs:

Multi-session courses designed to build an overall skill set



Multi-session Programs

Boosting Team Performance

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Building a Resilient Workforce

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Creating a Psychologically Safe Workplace

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Setting Team Values and Culture

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Mediation

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Enquire Now



Did you know...



Collaboration can improve productivity by 30%.

Gitnux, 2023



Only 26% of leaders create psychological safety for their teams.

McKinsey & Company, 2021



88% of job seekers consider a healthy work culture vital for success.

Forbes, 2023



Healthcare expenditures at high-pressure companies are nearly 50% greater than at other organisations.

Forbes, 2023



Boosting Team Performance

About this Multi-Session Program:

A series of workshops designed to support teams to take their performance to the next level and/or respond to change. A combination of psychoeducation on effective teamwork, 360-degree data collection, personal coaching and action planning. This series helps teams to honestly reflect on their strengths and work areas and how they are impacting the overall performance of the unit. The team and each individual are left with key actionable on how to elevate their performance, break bad habits, and guide their ongoing improvement.

The needs and goals of each team are unique, which is why Veretis' consultants will customise the learning experience to meet the exact needs and desired outcomes of your team. This includes customising the training content, the utilised psychometrics, and coaching strategies.



Building a Resilient Workforce

About this Multi-Session Program:

In order to build a resilient workforce, it's important for individuals and teams to understand that setbacks and "losses" are a natural part of work life. However, it's how we respond to these setbacks that can make all the difference. By utilizing setbacks as learning experiences, individuals and teams can continually improve their performance and capabilities, making success more common than failure.

Building a resilient workforce is a series of training designed to instill a "learning zone-performance zone" activity loop and mentality in your team to achieve continuous improvement and respond to any setback in a calm, logical and solution-focused manner.

A blurred background image showing several people in a meeting or office setting, with their arms and hands visible, suggesting a collaborative environment.

Creating a Psychologically Safe Workplace

About this Multi-Session Program:

A series of workshops designed to support teams to take their performance to the next level and/or respond to change. A combination of psychoeducation on effective teamwork, 360-degree data collection, personal coaching and action planning. This series helps teams to honestly reflect on their strengths and work areas and how they are impacting the overall performance of the unit. The team and each individual are left with key actionable on how to elevate their performance, break bad habits, and guide their ongoing improvement.

The needs and goals of each team are unique, which is why Veretis' consultants will customise the learning experience to meet the exact needs and desired outcomes of your team. This includes customising the training content, the utilised psychometrics, and coaching strategies.

A blurred background image showing several people in business attire sitting around a table in a meeting or conference room. There are plants and a glass of water on the table.

Setting Team Values and Culture

About this Multi-Session Program:

Team/Organisational values and cultures are the "norms" that guide the way your people work together and approach their tasks. Veretis has helped some of Australia's most recognised brands to develop values and cultures which transcend being just "words on the walls" to active parts of the organisation's DNA.

We do this through the use of proven culture assessment tools to provide authentic data on what the true "norms" of the team/organisation are, and their current impact on performance. These mixed with comprehensive team discussion help to unearth where the cultural strengths and work areas are, and how work areas can be addressed. This methodology turns values and culture into a measurable asset for your organisation which can be tracked and developed continuously over time.



Mediation

About this Multi-Session Program:

Veretis offers a series of workshops that aim to help teams deal with conflict and adversity. These workshops combine psychoeducation on effective teamwork, personal coaching and action planning. Through this series, teams can reflect on their communication and how it affects the performance of others on their team. The workshops provide actionable steps on how to improve communication, express feelings effectively in a work environment, and guide continuous improvement.

Veretis understands that each team has unique needs and goals. That's why their consultants customise the mediation experience to meet the specific needs and desired outcomes of each team. This includes customising the training content, the utilized psychometrics, coaching strategies, and mode of delivery.

Contact Us



Contact Veretis for staff training that truly impacts. Our account managers are skilled at identifying your team's needs and building a beneficial experience.

Enquire Today



