



ACT Curious Employee Assistance Programs

# Workshop Event

2x 4hour Free Education Sessions

Bookings essential :[www.trybooking.com/YTYE](http://www.trybooking.com/YTYE)

## The Mindful AND Effective Employee

Our vision is to create a world that promotes mental health well-being in the work place.

ACT has been shown to be an effective intervention to manage workplace stress and improve employee performance (Flaxman & Bond; Hayes, Bond & Barnes-Holmes)

WEDNESDAY 13TH FEBRUARY 2019

WEDNESDAY 20TH FEBRUARY 2019

9.00am - 1.00pm, Includes Brunch

### University of Melbourne

Graham Stret Shepparton Vic 3630

### Learning Outcomes:

- Promote employee self awareness.
- Help employee indentify values, goals and actons.
- Help employee enhance, find purpose, direction and meaning.
- Offer new ways to improve work and life effectiveness.

### ACT Consists of 2 components:

1. Learning to experience difficult thoughts and feelings, without trying to control them, change them or avoid them (Mindfulness).
2. Take action by choosing to move towards your goals, values, (who or what is important to you), even when difficult thoughts, feelings and memories show up.



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Facilited by Michelle Trudgen

Michelle is Director ACT Curious EAP. She is passionate about normalising mental wellbeing and providing a responsive and outstanding customer experience with top clinicians. Her diverse work history, drive and passion has led her to creating a flexible workplace culture and team who love what they do and this is demonstrated in customer contact and clinical outcomes.