

Apprentice Development Days

This ETU industry initiative will provide younger workers with information, insight and awareness around risks that can impact on their employment, safety at work and personal wellbeing. It aims to ensure that every young worker is inspired to thrive in their chosen careers, to protect their employment, to be always at their best, to work safely and to also ensure the wellbeing and safety of colleagues and co-workers.

ON THE DAY WE COVER:

DRUGS and ALCOHOL AWARENESS

Examines the impacts of drugs and alcohol on health and wellbeing and the risks they pose to workplaces and employment. Delivered by trainers with lived experience of addiction and mental disorder, it will equip participants with the tools to make informed choices, and includes strategies to help friends, family or colleagues struggling with substance use or dependence.

GENDERED VIOLENCE AWARENESS - AT HOME, AT WORK

Focusses on building strong, respectful relationships and creating conversation around behaviours and anger management. Explore gendered violence, coercion and control in personal relationships in the context of the law and workplace obligations, and gain strategies on how to approach and support someone experiencing violence, harassment, bullying or victimisation.

PROTECTING MENTAL HEALTH

Examines mental ill-health, stress reaction and links to depression, anxiety and negative 'self-medicating'

behaviours such as substance use and gambling. Explore positive thinking strategies for creating habits to manage stress and negative feelings. Gain an improved understanding of red flags and risk factors for suicidal thinking and behaviours, with strategies for starting a conversation with someone who may be struggling.

TEAM BUILDING 'TRAINING WRAP'

Each Apprentice Day concludes with a 60-minute team-building session on positivity, the importance of values and aspirations, on empowerment, self-realisation and workplace leadership.

Course Outcome: Post completion, you will receive a **Certificate of Attendance**.

2023 Dates:

Thursday 23rd February	Thursday 27th April	Wednesday 19th July	Thursday 12th October
Thursday 16th March	Wednesday 17th May	Wednesday 16th August	Wednesday 15th November
Wednesday 29th March	Wednesday 21st June	Thursday 14th September	

How to enrol:

To find out when our next course is head to www.centreforu.com.au and enrol online or contact Jacinta on **1800 270 875** or Jacinta.Bradford@centreforu.com.au.



Course length:

1 day

Course location:

The Centre for U
Ground Floor, 200 Arden Street
North Melbourne
Victoria

Training provider:

