THE Sunlight CENTRE

Corporate & Workplace Mental Health Training

Training Catalogue

CLINICAL EXPERTISE.
PRACTICAL IMPACT.
COMMUNITY PURPOSE.

Practical training for healthier workplaces, stronger teams and confident leaders.



sunlightcentre.com.au | 1300 259 724

Clinical Expertise - Practical Impact - Community Purpose

An introduction to Sunlight and the value of our mental health training and professional development for Leaders, staff and volunteers in and around the Corporate sector.

The Sunlight Centre

The Sunlight Centre opened its doors in August 2017 to provide free crisis counselling to Teens and Adults at suicide risk and in self-harm distress. Over the years our team of experts have developed practical mental health training and programs for communities, young people, businesses, organisations, and people working in mental health and support roles reaching thousands of participants around Australia.

The Sunlight Centre Training modules are research based, practical, and created by experienced mental health clinicians so you know that you are receiving the best mental health training there is. Training can be delivered in ways to suit your organisation's structure such as; Live & In-Person Workshops at the Sunlight Centre or at your location, Live & Pre-recorded Webinars for easy access no matter where you and your team are based, and Online Learning Modules that allow your Team to set their own pace of learning.

Why choose Sunlight?

01	02	03
Clinician-led	**Practical by design**	**Purpose-driven**
Training developed and delivered by experienced mental health practitioners. Our facilitators have backgrounds in psychology, counselling and have practical clinical experience as they practice what they teach.	Engaging learning and skills participants can apply beyond the session. Training is research-based, psycho-educational and all participants gain practical skills and tools to support themselves and others.	Training revenue supports the delivery of free crisis counselling. You not only gain invaluable training for your organisation, but you can also know by choosing the Sunlight Centre you're helping us save lives in our shared community.

Outcomes for your organisation:

- ✓ **Build a Mentally Healthier, More Capable Workforce**

Equip employees, volunteers and leaders with practical mental health knowledge, communication skills and tools to recognise and respond to psychological distress, supporting healthier teams and more effective workplace relationships.

- ✓ **Support Psychosocial WHS & Organisational Responsibilities**

Strengthen your organisation's approach to psychosocial risk management through practical training that supports early identification of mental health concerns, appropriate responses and psychologically safer workplaces.

- ✓ **Invest in Your People, Wellbeing & Staff / Volunteer Retention**

Demonstrate your commitment to employees through engaging, clinician-led training that supports personal development, workplace wellbeing, job satisfaction and staff retention.

Our Training & Workshops

1 – *Mental Health Awareness & Wellbeing*

Developed by practising mental health professionals. Tailored to your workplace.

The Sunlight Centre's signature workshop. This is the foundational three-hour mental health workshop incorporating Sunlight's own Insight Therapy Model, psychoeducation and practical mental health skills.

Equip your entire organisation with practical skills to understand mental health, recognise early warning signs and respond confidently when someone needs support. Sunlight's engaging, interactive workshop strengthens individual wellbeing and workplace mental health capability while supporting your organisation's approach to psychosocial WHS risk management.

AUDIENCE

Your whole organisation; Directors, executives, managers, team leaders, frontline staff and volunteers.

DURATION

3 hours

KEY TAKEAWAYS

- Recognise signs and symptoms of common mental health concerns, including anxiety, depression and psychological distress.
- Understand how personal triggers, thoughts and emotional responses influence wellbeing and behaviour.
- Practical tools for emotional regulation, supportive conversations and responding to people experiencing mental health distress.

COURSE OVERVIEW

Drawing on Australian mental health research and Sunlight's frontline clinical experience, participants explore the Sunlight Centre Insight Therapy Model to explore self-awareness and increase emotional intelligence. Through practical activities, the workshop develops active listening skills and introduces the S.U.N. Action Plan for supporting themselves and others.

DELIVERY OPTIONS

Face-to-face at the Sunlight Centre in Morningside or your organisation's premises or delivered live online.

PARTICIPANT RESOURCES

Participants receive workshop handouts and a pocket guide covering the Sunlight Centre Insight Therapy Model (SIT) and S.U.N. Action Plan.

Specialist modules & tailored options

Expand your training program with focused workshops, standalone modules and tailored learning.

The Following Training Modules can be added on to the Sunlight Centre's Signature 3-Hour Mental Health & Wellbeing Workshop

FEATURED WORKSHOP 01

Leadership with Confidence: Communication, Conflict & Mental Health

Equip your current & future leaders with the listening skills used by psychologists, counsellors, and other mental health practitioners, and practical conflict resolution tools and the confidence to recognise & engage around mental health concerns.

COURSE OVERVIEW

Designed for existing, newly appointed and future leaders, this practical workshop develops essential communication and interpersonal skills, covering active listening techniques used by mental health professionals, conflict resolution, managing challenging conversations and the impact of Sunlight's 'Toxic Words' in the workplace. Participants also learn to recognise signs of common mental health concerns, respond appropriately within professional boundaries and support team members to feel heard, validated and professionally cared for.

AUDIENCE Directors, executives, managers, supervisors, team leaders, and staff or volunteers preparing for leadership positions.

DURATION 3-hours

DELIVERY Face-to-face at the Sunlight Centre - Morningside, or your organisation's premises; live online

KEY TAKEAWAYS

- Apply professional active listening techniques, including paraphrasing, reflection and open questioning.
- Develop practical skills for managing difficult conversations, resolving conflict and reducing escalation.
- Recognise potential signs of mental health distress and respond appropriately while maintaining professional boundaries.

SPECIALIST MODULE 01

Understanding Workplace Stress & Burnout

Recognise the warning signs, understand the causes and develop practical strategies to manage workplace stress.

COURSE OVERVIEW

Explore how workplace stress develops, its effects on wellbeing and performance, and the early signs of burnout. Participants learn practical strategies for managing stress and supporting healthier working environments., community or professional application.

Participants explore common sources of workplace stress, how pressure affects concentration, relationships and wellbeing, and ways to recognise when stress becomes persistent. Practical activities focus on identifying personal stress responses, communicating support needs and adopting manageable strategies for everyday working life.

AUDIENCE Your whole organisation; Directors, executives, managers, team leaders, frontline staff and volunteers.

DURATION 1-Hour **DELIVERY** [In-person / live / online]

KEY TAKEAWAYS

- Recognise common workplace stressors and the physical, emotional and behavioural signs of prolonged stress and burnout.
- Identify how workplace demands and individual responses can influence stress levels.
- Apply practical stress-management strategies and recognise when additional support is needed.

SPECIALIST MODULE 02

Trauma-Informed Practice

Equip your entire team with practical trauma awareness and the skills to engage with others more effectively.

COURSE OVERVIEW

This module builds understanding of trauma and its potential influence on people's behaviour and practical approaches to creating psychologically safer, more supportive interactions.

We introduce trauma-informed principles including safety, trust, choice and collaboration, applying them to everyday workplace situations developing greater awareness of how to engage appropriately with colleagues, customers and clients that have potentially experienced trauma.

AUDIENCE Your whole organisation; Directors, executives, managers, team leaders, frontline staff and volunteers.

DURATION 1-Hour **DELIVERY** [In-person / live / online]

KEY TAKEAWAYS

- Understand the different types of trauma and the associated signs and symptoms.
- Recognise the principles of trauma-informed practice and their relevance to workplace interactions.
- Learn practical communication and engagement techniques that promote safety, trust and respect.

03 / EXTRA MODULES

Other available modules

Contact us to enquire about our wider range of add-on modules:

- Understanding Anxiety in the Workplace
- Neurodiversity in the Workplace
- Responding to Critical Incidents in the Workplace
- Mindfulness in the Workplace
- Supporting Employees Returning to Work After Mental Health Leave

Mental Health & Clinical Consultation Services

The Sunlight Centre offers specialist consultation to businesses and organisations across critical workplace incidents, mental health-related return-to-work cases, WHS psychosocial policies and clinical governance.

Drawing on extensive clinical experience, Sunlight provides practical, professional guidance tailored to organisational needs.

04 / DELIVERY & FLEXIBILITY

Training that works for your organisation

Select a format that suits your people, location, timeframes and learning requirements.

How training can be delivered

01

Face-to-face workshops

Interactive sessions at the Sunlight Centre or your organisation's venue.

02

Live online webinars

Facilitator-led training delivered in real time to remote participants.

03

Hybrid delivery

A combination of in-person participation and live online access.

04

Self-paced learning – *Coming Soon*

Ask us for more details on prerecorded modules for individuals to access at a suitable times.

ADDITIONAL OPTION

Ask us about our; Scheduled / open-enrolment sessions

The Sunlight Centre often runs open Training from our Centre in Morningside and Online that may suit individuals / smaller groups from your organisation.

Tailored to your needs

Programs can be scoped around your audience, preferred learning outcomes and delivery format. A member of the Sunlight Centre team can consult with your organisation's HR rep or similar to create bespoke support workshops that meet the current need of your Team.

05 / ENQUIRIES & BOOKINGS

Bring practical mental health training to your Team

Ready to invest in your team's mental health, wellbeing and professional development?

Contact Sunlight to discuss your organisation's training needs, explore available dates and receive a tailored quote. Workshops and modules can be delivered individually or combined to suit your team.

CONTACT THE SUNLIGHT CENTRE

Main Contact: Ken Loftus – CEO / Clinical Director

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Visit our Training Page for more information

Acknowledgement & Thanks

Thank you for taking the time to explore the Sunlight Centre's Training Catalogue and for considering supporting its work. All revenue generated through Sunlight's training supports the delivery of free crisis counselling services for teenagers and adults experiencing suicidal distress and self-harm challenges.

Sunlight also acknowledges and sincerely appreciates the valuable contributions of people with lived experience of mental health challenges. Their insights help inform the development of Sunlight's training, therapeutic approaches and Insight Therapy Model, ensuring lived experience remains an important part of its work.