

Our skill building program provides Return to Work Coordinators and employers with free access to a variety of informative and interactive workshops to build capability in performing the Return to Work Coordinator role, managing physical and psychological injuries, and supporting workplace mental health and wellbeing.

Workshops will be delivered virtually (online), face-to-face or as a pre-recorded webinar.

## Core learning

*Introductory workshops for Return to Work Coordinators and employers to gain greater understanding of the Coordinator role, how to support recovery and return to work and create mentally healthy workplaces.*

Return to Work Coordinator fundamentals (refresher training)

Supporting return to work – A guide for Managers

Demystifying suitable employment

Introduction to Mentally Healthy Workplaces

## Enhanced learning

*Increase knowledge and skills to effectively manage recovery and return to work and create a sustainable healthy workplace by taking a deeper dive into various areas of return to work, injury management and wellbeing.*

Managing psychological injuries & claims

Understanding premiums & minimising impact

Applications for review: Understanding the dispute resolution process

Maximising scheme supports & services to assist your workers recovery

Managing psychological hazards and risk, with SafeWork SA

Managing psychosocial issues of musculoskeletal disorders

Building your workplace wellbeing program

The flexible workplace: Managing hybrid work environments

Small business basics: An introduction to return to work and mentally healthy workplaces

## Thriving with SuperFriend: A Mentally Healthy Workplaces series

*Facilitated by mental health organisation SuperFriend, this workshop series will provide workplaces with strategies and tools to support mental health, and help their business to thrive so everyone can perform at their best.*

Supportive conversations in the workplace: Checking in and showing you care

A focus on you: Creating a culture of self-care in the workplace

Promoting positive mental health in times of challenge: Preventing stress, fatigue and burnout

Exploring the elements of a thriving workplace, with Superfriend

## Breaking barriers with the experts

*A selection of Q & A workshops where participants can seek guidance from professionals, share their experiences and develop strategies to overcome recovery and return to work barriers.*

Managing musculoskeletal injuries with a **Physiotherapist and Exercise Physiologist**

Building relationships and influencing capacity with a **General Practitioner (GP)**

Supporting psychological recovery and return to work with a **Psychologist**

Partnering with your **Claims Agent and Mobile Claims Specialist** to deliver outcomes

## Train the Trainer

*Delivering an introduction to mentally healthy workplaces*

Developed specifically for large employers (including self-insured employers), this half-day program provides participants the tools to deliver mentally healthy workplaces training within their own organisation.

To express interest in this program, email [mentallyhealthy@rtwsa.com](mailto:mentallyhealthy@rtwsa.com)

## One day program

Adelaide

Port Augusta

Port Lincoln



Active Return to Work Coordinators will automatically receive upcoming workshop information via our bi-monthly 'What's On: Learning' email. If you are not a Coordinator and would like to subscribe, scan the QR code or visit [www.rtwsa.com/events](http://www.rtwsa.com/events) to register for upcoming events.