

## COVID-19: MANAGING THE PSYCHOLOGY OF SUSTAINED DISRUPTION

With an extended lockdown announced and a long-term approach to reopening in Victoria, it is more important than ever that we continue to support our people through this unprecedented transition.

If you are looking for a creative way to connect your people and open up important wellbeing conversations, read more about our suite of COVID-19 webinars delivered by our team of registered psychologists.

### About Us

#### LEADERS IN WORK-LIFE WELLBEING SUPPORT

Transitioning Well works with forward thinking companies to support their people through work-life transitions. All Transitioning Well consultants are registered psychologists and accredited to run our programs nationally.

### COVID-19 Wellness Webinar Series

#### ONE HOUR INTERACTIVE SESSIONS

##### Leader Sessions:

- **Managing the Psychology of Sustained Disruption:** Supporting your people through the ongoing transitions of COVID-19.
- **Mental Health for Managers:** Protecting oneself and one's team through COVID-19 and beyond.

##### All Team Sessions:

- **Working from Home with Kids and Others:** How to maintain our attention, energy, wellbeing and focus.
- **Combating the Loneliness of Lockdown:** Exploring practical strategies to cope with feelings of loneliness and isolation through COVID-19.
- **Couple Navigation:** Exploring the impact of COVID-19 upon couple relationships and a range of protective strategies.
- **Mitigating Burnout in Ourselves and Others:** Identifying early signs of burnout and practical strategies to protect our wellbeing at this time.
- **Back to Basics:** How to maintain our mental and physical wellbeing through the sustained disruption of COVID-19.
- **Work-Life Transition Tactics:** Redefining work and life through the sustained disruption of COVID-19.
- **Effective Virtual Communication Skills:** Exploring practical tools and strategies to help communicate well whilst working remotely.
- **Overwhelmed:** Helping to make sense of transition and build tailored resources to navigate the uncharted waters of COVID-19.
- **COVID Considerations:** Unpacking the unique challenges brought about by the COVID-19 pandemic and strategies for support.
- **Reintegration Roadmap:** Navigating our emotions as restrictions ease and we transition to 'COVID Normal'.
- **Seasonal Stress in 'COVID Normal':** Providing a heads-up to protecting our wellbeing in the lead up to the Christmas/holiday season 2020.



The onus of support at this time needs to be collective. It cannot fall on the shoulders of individuals. With no end in sight, workplaces need to proactively support their people to build the endurance they need to run this marathon.