

# Health, Safety and Wellbeing Training and Workshop Calendar

SEMESTER TWO

August	September	October	November
<b>9<sup>th</sup> MORNING</b> ■ Supporting Student Wellbeing and Disclosures of Sexual Misconduct	<b>6<sup>th</sup> MORNING</b> ■ Supporting Student Wellbeing and Disclosures of Sexual Misconduct	<b>11<sup>th</sup> MORNING</b> ■ Supporting Student Wellbeing and Disclosures of Sexual Misconduct	<b>8<sup>th</sup> MORNING</b> ■ Supporting Student Wellbeing and Disclosures of Sexual Misconduct
<b>12<sup>th</sup>-13<sup>th</sup> ALL DAY</b> ★ Flip the Script	<b>6<sup>th</sup>-7<sup>th</sup> + 23<sup>rd</sup>-24<sup>th</sup> ALL DAY</b> ★ Flip the Script	<b>12<sup>th</sup> + 26<sup>th</sup> MORNING</b> ★ LGBTQIA+ Ally Training	<b>9<sup>th</sup> MORNING</b> ★ LGBTQIA+ Ally Training
<b>16<sup>th</sup> + 24<sup>th</sup> MORNING</b> ★ LGBTQIA+ Ally Training	<b>7<sup>th</sup> MORNING</b> ★ LGBTQIA+ Ally Training	<b>19<sup>th</sup> MORNING</b> ★ Understanding Sexual Violence and Bystander Intervention	<b>16<sup>th</sup> MORNING</b> ★ Understanding Sexual Violence and Bystander Intervention
<b>17<sup>th</sup> MORNING</b> ★ Understanding Sexual Violence and Bystander Intervention	<b>14<sup>th</sup> MORNING</b> ★ Understanding Sexual Violence and Bystander Intervention		
<b>23<sup>rd</sup> + 30<sup>th</sup> MORNING</b> ● Enhancing Personal Performance for Graduate Students	Respectful Relationships Unit and Student Safety and Wellbeing bookings at <a href="http://anu.edu.au/respect">anu.edu.au/respect</a> , enquiries to <a href="mailto:respect@anu.edu.au">respect@anu.edu.au</a>  For ANU Counselling workshops, register your interest direct at <a href="mailto:counselling.centre@anu.edu.au">counselling.centre@anu.edu.au</a>		<b>Sessions run by:</b> ■ Student Safety and Wellbeing ● Counselling ★ Respectful Relationships Unit
<b>24<sup>th</sup> + 31<sup>st</sup> MORNING</b> ● The Psychology of Managing Your Time			

**LGBTQIA+ Ally Training – Students and Staff**

For people wanting to join the Ally Network. Provides participants with an understanding of the needs and experience of sex, gender and sexuality diverse individuals and communities.

**Understanding Sexual Violence and Bystander Intervention – Students and Staff**

Assists participants in understanding what constitutes sexual assault and sexual harassment in our educational institutions, workplaces, and community and provides detailed and practical skills and strategies in intervening in the systems, structures and behaviours that may normalise or foster sexual violence.

**Supporting Student Wellbeing and Disclosure of Sexual Misconduct – Staff**

Participants will learn how to use the disclosure tools, provide an initial response and referral pathways within ANU and the community.

The workshop will also cover understanding the role of the Student Safety and Wellbeing team in supporting students in distress as well as support services available at ANU and in the community for staff and students.

**Flip the Script with EAAA Program ANU Pilot – Students**

A sexual assault resistance education program for **3rd+ year woman-identifying\* residential students only**. Over two-day workshops, trained peer facilitators guide conversational activities where students identify their understandings of interpersonal relationships, gain confidence in their assessment and acknowledgement of social cues relating to sexual violence and learn how to act using self-defence techniques.

**Enhancing Personal Performance for Graduate Students – Students**

This two-session experiential group workshop aims to assist post-graduate students to enhance their performance with less stress, less strain, and less effort. The workshop will give participants the opportunity to try a range of psychologically based strategies, techniques and processes used by elite performers in Music, Sport, and Theatre Arts.

**The Psychology of Managing Your Time – Students**

This two-session group involves completing practical strategies to enhance your use of time. Topics include:

- Managing resistance
- Exploring procrastination
- Avoiding avoidance
- Meeting yourself halfway
- Reducing anxiety and guilt about time
- Relaxation exercises
- Strategies to gain time and reduce stress
- Reframing expectations.



Australian National University