



## Workshops

With workshops ranging from anti-bullying and harassment to team effectiveness and stress management, Barrington e2e is able to provide training programs tailored to your organisation's needs. As well as specific objectives, workshops have the principle aims of mitigating risk, and improving performance and productivity. By working closely with our clients to identify clear objectives and goals, Barrington e2e aims to reduce the fiscal fallout for organisations.

- Anti-bullying and harassment workshops curb the \$15 billion per year it costs Australian industries in absenteeism, lost productivity, staff turnover and litigation (The Productivity Commission, 2010).
- Drug and alcohol awareness programs are designed to circumvent the \$5.4 billion it costs Australian businesses (WorkCover, 2001).
- Stress management training is designed to mitigate the \$10 billion, or an average 6 days of lost productivity per employee, it costs Australian employers each year (Australian Safety & Compensation Council, 2007).

Engaging and practical, Barrington e2e is experienced in conducting interactive workshops designed for staff and management to gain greater insight and understanding of workplace and personal issues, and build awareness of the impact of their actions and behaviours. These workshops include:

- Team effectiveness
- Resilience
- Communication skills and interpersonal relationships
- Drug & Alcohol awareness
- Conflict resolution
- Sexual harassment and anti-bullying
- Change management

Barrington e2e also works with boards of companies, CEOs and MDs, Directors, and Senior Executives to facilitate improvement in:

- Leadership Programs for business strategy and business vision
- Performance appraisals & management
- Executive health and stress management
- Conflict resolution
- Mental Health in the workplace

### THE BENEFITS

While most training programs have their own specific objectives and benefits, workshops aim to improve business performance through a healthier bottom line. This is measured by:

- 1 An increase in job satisfaction and employee morale and motivation
- 2 Effective risk mitigation
- 3 An increase in productivity and reduced employee turnover and absenteeism
- 4 A decrease the need for employee supervision
- 5 An investment in human assets for future growth
- 6 Attaining business targets.

### OUR TEAM AT BARRINGTON

Barrington e2e Psychologists have experience working at various levels of organisation in both the public and private sectors, and have the benefit of background experience as employees, consultants, managers, executives and business owners. This experience, combined with training as psychological professionals, provides a platform to advise and train organisations on issues from basic customer service, to stress management and managing change and performance.