



## What are Prime-Time Training workshops?

- **Short format, high impact workshops -** Typically run as morning or afternoon sessions and designed to maximize your return on training investment and minimize workplace disruption. Workshops are run on site at your premises and easily fit into **morning or afternoon sessions**.
- **Psychology for the Workplace -** Capability development workshops, with a strong psychological basis and emphasis on practicality. Whether it's keeping people **positive and productive** in the face of industry pressure or **workplace change**, staying **innovative** under pressure, or just increasing the **psychological self management** and **interpersonal skills** of your people, **Prime Time Training** really works.
- **Interactive and fun** – Prime Time Training is not a 'chalk and talk' or classroom approach to training, it is **real, dynamic, and applied** – participants get to actually 'work' on real issues.
- Suitable for **executives, graduate programs, front line staff**, in fact just about everyone. You just need a minimum of 6 people for each workshop and a venue. Great for 'away days' and staff retreats and conferences.
- **Available right across Australia and New Zealand** through our network of senior psychologists and expert facilitators.
- **A Prime Time workshop qualifies for 2.5 CDP hours within the AMInstitute continuing professional development system.**

## Prime Time Training topics include:

Peak Performance	Workplace Wellbeing
MASTERING GOALS	MAINTAINING MORALE
EMPOWERING OTHERS	STAYING POSITIVE (WHEN TIMES GET TOUGH)
PEAK PERFORMANCE UNDER PRESSURE	APPLIED STRATEGIES FOR STRESS
CREATIVE TECHNIQUES (ADVANCED BRAINSTORMING)	WORKING WELL WITH CHANGE (MANAGERS AND STAFF)
THE INNOVATION IMPERATIVE	STAYING CALM, STAYING CONSTRUCTIVE
	CAREER TRANSITIONING

## DO YOU:

- WANT TO KEEP YOUR STAFF PRODUCTIVE, MOTIVATED AND POSITIVE IN THE FACE OF INDUSTRY PRESSURES?
- HAVE A TIGHT TRAINING BUDGET BUT STILL NEED HIGH QUALITY PROFESSIONAL DEVELOPMENT?
- FIND IT TOO DIFFICULT, COSTLY AND DISRUPTIVE TO RELEASE STAFF FOR EXTENDED TRAINING?

**If Yes, Prime-Time Training Workshops could be for you!**

### Can't see the exact workshop you were hoping to run?

Contact us, we are the experts at developing high impact workshops and have dozens of shorter, longer and alternative workshops available as well as coaching, consulting and survey services on offer.

## What does Prime Time Training cost?

**From under \$90 per head including all materials.**

**Prime Time Workshops cost \$2350 (excl GST)** for up to 25 people, with an additional \$80 per head per person up to 35 people (we can do bigger groups on request) - not bad when you consider there is usually no catering or venue costs, limited workplace disruption costs and given the quality of the workshops and the facilitators.

### Want 2 on the same day?

A 15% discount applies.

### Want to book in more than 2?

Further discounts are available for multiple workshop bookings.

## Contact us

### Australia

1300 855 140 or (02) 42672516  
info@communicorp.com.au

### New Zealand

0800 450 997  
info@communicorp.co.nz

# WORKSHOPS

## Workplace Wellbeing

### Maintaining Morale

When the economy is faltering and significant workplace changes are afoot, the morale of your people can be at risk. This workshop takes a deep look at the nature of morale, what it is, what drives it and how it can be positively supported. Participants will understand the psychology of change and of 'Psychological Recession' and, more importantly, will learn how to maintain positive morale for themselves and for others. The outcome will be more cohesion, alignment and resilience in the face of the significant challenges.

### Staying Positive (When Times get Tough)

Surprisingly, staying positive when things get tough is an acquired skill and not something we are born with. In this hard-hitting workshop you will understand key habits of 'self-talk' that lead to both optimism and pessimism and see clearly the relationship of these to resilience, well-being and productivity. You will then learn how to change counterproductive mental habits and encourage others to do likewise. This workshop takes positive psychology and makes it real for all those who participate.

### Applied Strategies for Stress

The deleterious effects and costs of stress have been rising steadily in industrialised countries for three decades. Knowing about stress is half the answer. Participants have frequently called this workshop 'life-changing' with its emphasis on practical cognitive and behavioural strategies for managing and responding to stress. With applied stress busting techniques – Progressive Muscle Relaxation, Extended Out-Breathing and others - you will re-assess the way you operate day-to-day and learn to rebalance your life.

### Work Well with Change (available in managerial and general staff formats)

As the saying goes, 'change is a constant' and there are typical emotional and behavioural responses to change. You will understand these stages of change and, more importantly, learn how to support yourself and others through these stages. You will self-assess your level of 'change readiness' - identifying and leveraging strengths for change and will emerge with - practical 'can do' actions to apply immediately.

### Staying Calm, Staying Constructive

This workshop provides deep and practical insight into interpersonal dynamics so we can be constructively assertive. The task is to not only understand why we and others get upset - or just to be given rules or techniques to use - but more importantly, it is to be able change our inner states into ones that are more calm and constructive. Likewise you will learn how to make it easier for others to shift into more constructive emotional states. Finally you will be more capable of keeping your balance even if those around you are not.

### Career Transitioning

When transitioning between careers people are often overwhelmed. This practical workshop provides the means to break down the often complex issues they face into manageable chunks to be dealt with. For example, participants will understand the typical psychological stages and responses involved in the transition period - these responses vary from person to person but include guilt, anxiety, anxiety, shame, anger and depressive feelings. The main thing is to harness the energy of these states and direct it towards what needs to be done. The key issue in transition is momentum and the workshop gets you moving on: the practical tasks (CV, making phone calls, concrete plans and goals for the next 2 weeks, etc) and the psychological tasks (getting support from family and friends, understanding typical responses to transition, keeping your balance etc)

## Peak Performance

### Mastering Goals

It is one thing to set goals well, it is quite another to actually achieve them. This original workshop explores Five Factors that underlie goal achievement - what people who achieve a lot actually demonstrate - and you will analyse your strengths and weaknesses in terms these Five factors. You will also develop ways to lift your self-efficacy (the self-belief that underlies long-term achievement) and be given a practical goals template that encapsulates what you have learned and provides a usable structure for achieving future goals.

### Empowering Others

Some people just seem to know naturally how to enable and empower others. This workshop unpacks this ability and introduces the 'Language of Possibility': how the intelligent and skilled use of language helps people to get unstuck. Specifically, you will learn how to interrupt patterns in others that don't work and amplify patterns that do. There are five areas to master: acknowledging + generating possibility; the 'viewing' of problems; mapping problems and goals; connecting with internal and external resources; and changing the 'doing'

### Peak Performance Under Pressure

This session is designed for those who work in, or manage others in, high pressure, 'on demand' environments and dynamic workplaces where change and pressure is a constant. It charts the typical roller coaster ride we take in meeting deadlines and provides practical strategies for dealing with those pressures. It is an essential workshop for any organisation that truly values high-performance sustainability, productivity and the emotional well-being of its staff. It provides increased psychological awareness, improved work efficiency and resilience for staff. In particular, it deals practically with the twin perils of deadline-driven workplaces: too much stress and its partner in crime, too much procrastination.

### The Innovation Imperative 1 (IP-1)

This is our foundational program for understanding and mastering creativity and innovation at work. It is an interactive forum revealing the psychology of personal and organisational creativity and the necessary stages of creative & innovative process. This involves exploration of insight problems and an interactive forum that then moves into practical strategies for creative problem expansion & elaboration: what's the problem under the problem? This workshop is then ideally followed with IP-2.

### The Innovation Imperative - Creativity Techniques (IP-2)

Once we know what the real problem is we are dealing with, we need ways to generate ideas for its novel solution. You will learn advanced idea-generation techniques that create the requisite social freedom and playfulness to keep ideas flowing. For example, approaches to deal with status and power difference in brainstorming groups will be provided. We will then look at ways to select ideas that are promising and then learn how to evaluate them rigorously. Fun, practical, yet theoretically based, this workshop is all about applied creativity.

### Balanced Innovative Practice

There's more than one way to skin a cat, and even more ways to innovate. What kinds of creativity and innovation are most suited to your organisation? You will get the opportunity to self-assess and to gain insight into your organisation's creative needs moving forward. What is the gap between your situation now and how you would like it to be? What innovative actions need to be taken to close that gap? How can you encourage everyone in your organisation to be appropriately creative? What happens to creative ideas after they are invented? To assist in answering these and other questions, you will start an innovation action plan for your organisation to begin the process of systemic innovation.

# SEMINARS

### Resilience: Building a Strong Mind

This seminar takes a no-nonsense approach to the psychology of resilience. It provides practical insight into the latest research in positive psychology and shows how developing a 'strong mind' is a universal human choice – and constitutes our essential freedom. We may not always be able to change the world or avoid the challenges that confront us, but we can always change our response to those events. Topics explored include the nature of optimism, using your signature strengths, self-fulfilling prophecies and the relationship between change and morale.

Please contact CommuniCorp for more information on pricing for seminars

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