



Contact us on
1300 235 725
admin@peopleworks.biz

Our Support Services to you for DECYP Staff Wellbeing

Peopleworks are the people you go to when you are unsure of your next step.

We respond rapidly and creatively to the needs of individuals, businesses and the community. Peopleworks is trauma informed. For more than 25 years people facing adversity in and outside of the workplace have sought understanding and assistance through Peopleworks on creative methods for resolving their concerns.

Below is a very brief outline of services we provide – and only limited by your imagination.

Flexible Access - Available face-to-face, via video or by phone

Individual Wellbeing Support

- Trauma-informed wellbeing support and recovery planning
- Psychological first aid and emotional regulation strategies
- Support for anxiety, depression, burnout, and stress
- Therapeutic interventions and trauma understanding
- Preventative psychological support

Team & Workplace Support

- Conflict resolution and mediation (individual, team, whole-of-workplace)
- Support for challenging workplace situations (e.g. team breakdowns, grievances)
- Proactive team wellbeing briefings and workshops
- Support for culturally diverse and high-needs environments
- Assistance with interpersonal relationship issues within teams

Education & Development

- Short courses on:
 - Managing stress and anxiety
 - Supporting colleagues and students
 - Building resilience and emotional tolerance
 - Giving and receiving feedback
 - Time management and work-life balance
 - Classroom management strategies
- Leadership support and coaching
- Education on managing wellbeing during and after incidents

Recovery & Resilience Planning

- Tailored recovery plans for individuals and teams
- Resilience-building programs focused on:
 - Emotional resilience
 - Stress tolerance
 - Self-awareness and resourcefulness
- Support for high-pressure environments (e.g. Ashley Youth Detention Centre)

Incident Response & Urgent Support

- Immediate response to urgent incidents
- Support for staff exposed to traumatic content or secondary trauma
- Structured recovery support post-incident

Specialised Support for Complex Environments

- Understanding and support for high-stress workplaces under scrutiny
- Addressing stigma around help-seeking
- Strategies to attract and retain staff in difficult settings
- Support for staff affected by:
 - Commission of Inquiry impacts
 - Budget stress and low staffing
 - Organisational change (e.g. mergers, restructures)

Strategic Wellbeing Planning

- Creation of locally based support systems and peer networks
- Building trusting relationships with colleagues, parents, and students
- Integration of wellbeing strategies across curriculum areas (e.g. literacy and numeracy)

You'll be supported by people who hear, understand and respond – every time.

**For fast, local support with a real person, reach out now.
We're here for you 24/7, 365 days a year.**

Ph: 1300 235 725

Email: admin@peopleworks.biz

Emergency Ph: 0418 519 698

Get in touch

**70 Warwick Street
Hobart 7000
Tasmania
Email admin@peopleworks.biz**

**Office 03 6210 6800
Mobile 0418 519 698
All Hours 1300 235 725**

