

Government  
Health & Safety Lead

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# MENTALLY HEALTHY WORK

## DEVELOPMENT PROGRAMME: PRACTITIONERS

A short course for practitioners of health, safety & wellbeing, human resources, and organisational development to build core understanding of mentally healthy work concepts applied to a real-world work context.



**WORKSAFE**  
Mahi Haumarū Aotearoa

*Designed by some of New Zealand's leading academics from Massey University with the Government Health and Safety Lead and WorkSafe to support public sector practitioners to build their technical knowledge of mentally healthy work.*

**INTRODUCTION TO  
MENTALLY HEALTHY WORK**

**UNDERSTANDING AND MANAGING  
PSYCHOSOCIAL RISKS**

**MONITORING, ASSURING,  
AND LEARNING**



## KEY INFORMATION

- Twelve 2 hour online sessions across three modules\*
- Small lecture-style delivery, with interactive discussion with course facilitators and other participants
- March - June 2023
- Free (WorkSafe funded pilot programme)
- Taught by Professor Jarrod Haar, Professor Bevan Catley, Associate Professor David Tappin, Associate Professor Dianne Gardner, Dr Darryl Forsyth, Professor Tim Bentley and Dr Zoë Port.

## CONTACT / REGISTER



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## COURSE INFORMATION

### MODULES & SESSIONS

#### INTRODUCTION TO MENTALLY HEALTHY WORK

1. Introduction to mentally healthy work in Aotearoa: Understanding psychological health & safety and a Te Ao Māori perspective on mentally healthy work
2. Understanding psychosocial factors: factors, risks, and outcomes
3. Understanding psychosocial factors: work content and context
4. HSWA: Requirements, roles, responsibilities

#### UNDERSTANDING AND MANAGING PSYCHOSOCIAL RISKS

5. Frameworks and foundational theories for understanding psychosocial risk
6. Measuring to manage psychosocial risk: Gathering data and insights
7. A systems approach to managing risk: Psychosocial interventions and controls
8. Designing Mentally Healthy Work: Job demands and resources
9. Designing interventions for psychosocial risk

#### MONITORING, ASSURING, AND LEARNING

10. Operationalising an integrated approach: Intervention ownership
11. Shaping an organisational strategy for mentally healthy work
12. Designing and setting up assurance mechanisms

This programme is designed to enhance your technical expertise in mentally healthy work by building a foundation of core knowledge around psychological health and safety.

You'll hear from a team of subject-matter experts from Massey University including Professor Jarrod Haar, Professor Bevan Catley, Associate Professor David Tappin, Associate Professor Dianne Gardner, Dr Darryl Forsyth, Professor Tim Bentley, and Dr Zoë Port.

You'll join us for weekly online sessions, grouped across three themed modules where you'll build a solid foundation on the essential theories and concepts relating to mentally healthy work. You'll learn through brief 'lecture-style' delivery, and interactive discussion with course facilitators and other participants to enable you to put what you learn into practice.

Before each session, you'll equip yourself to get the most out of each week with light pre-reading material that we will provide. To apply what you've learned at the end of each module, you'll then complete a reflective 'milestone' allowing you to explore how what you've just learned will apply in your own organisation.

*\* Sessions are hosted online through Massey University's distance learning platform, Stream. Sessions will be recorded and are able to be re-watched if you are unable to attend a session on the day.*

### OUTCOMES

- Identify and apply psychological health and safety foundational theories and concepts
- Understand legal obligations for psychological health and safety and apply to your own practice to ensure compliance
- Identify ways to create and improve mentally healthy work/psychological health and safety in your own organisation
- Communicate with senior leadership regarding psychological health and safety in your organisation