



Australia's  
**CEOChallenge**

Your workplace partner against domestic violence

Our vision is to create a world without  
domestic and family violence

**VIRTUAL  
TRAINING  
SOLUTIONS**

## VIRTUAL TRAINING SOLUTIONS

We have a number of **virtual training sessions available for your workforce**. Our virtual training is designed to **complement your existing workplace learning** or as an **alternative to face to face training** particularly during times when staff are unable to attend face to face sessions.

**Under times of stress and isolation, research shows that rates of DFV increase, often doubling.** Australian workforces are facing these same pressures, now more than ever it is important to provide education and support to your workforce to **Recognise, Respond and Refer to DFV**.



### KEEPING YOUR STAFF SAFE

The safety of your people is paramount in the work that we do. Our process to ensure their safety includes:

- ★ Participant numbers are capped to 15.
- ★ 1 facilitator will deliver the online content and 1 facilitator will moderate activities.
- ★ Multiple opportunities for check-ins as well as an opportunity to ask questions throughout.
- ★ Participants will require video access and headphones whilst online.
- ★ All participants will receive follow up phone calls post training.
- ★ All participants will receive an email with internal support and contact details.
- ★ Option for workplace HR to attend.

### BENEFITS OF VIRTUAL LEARNING



- ★ Participants have the benefit of a small group training session.
- ★ This is a cost effective strategy to provide training to groups in regional areas or for those staff who are working from home.
- ★ Employees save time through online learning and are able to resume work and apply the new skills faster.

### EQUIPMENT REQUIRED



- ★ Display: laptop or desktop monitor
- ★ Internet connection
- ★ Microphone and camera (built in or external)
- ★ Headphones
- ★ Video conferencing software (ie Zoom)

### ABOUT US

Australia's CEO Challenge is a not for profit social enterprise specialising in workplace DFV maturity.

With services spanning tailored maturity pathways, education and awareness, connection to community, tools, resources, we are an end-to-end workplace partner dedicated to helping your workplace create an impact that matters. Our facilitators provide a learning environment that is safe, respectful and encourages discussion whilst using evidence based practice and scenario based activities. Scenarios can be tailored to specific workplaces.

**Contact us for a customised quote for your workforce.**



## VIRTUAL TRAINING SOLUTIONS

*This 1.5 hour Domestic and Family Violence Virtual Training Program provides the tools an organisation needs to Recognise, Respond and Refer those employees affected by DFV.*

*Your workforce will develop the knowledge, confidence and skill set to manage the epidemic that impacts all of us.*



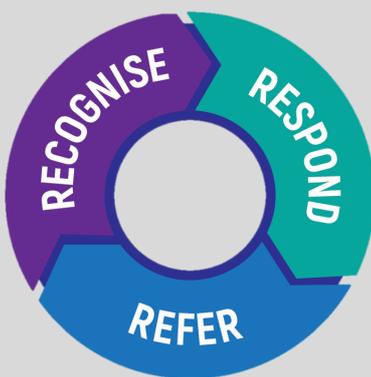
### TOPICS EXPLORED

- ★ Causes, prevalence and impact of domestic and family violence.
- ★ Definition of what domestic and family violence is and the attitudes that normalise this within communities.
- ★ Strategies to respond safely without escalating risk.
- ★ How to refer utilising your workplace policies, procedures and support.

### LEARNING OUTCOMES



- ★ Increase participants understanding and confidence to Recognise, Respond and Refer to DFV.
- ★ Participants will be able to explain why DFV is a workplace issue.
- ★ Participants will develop an understanding of what underpins and causes DFV.
- ★ Certificate of completion and post training survey available.



#### Recognise

How to recognise the signs of DFV within individuals & workplaces

#### Respond

Responding appropriately to changes in work performance, behaviours or appearance as well as how to respond to disclosures

#### Refer

Where to refer people affected by DFV and how to encourage seeking help safely

### WHO SHOULD ATTEND

We all have a role to play in creating workplaces, homes, schools and communities where everyone is safe, equal and valued.

This training is suitable for all workplace staff who are leaders, managers, Human Resources, Diversity & Inclusion, People & Culture and any other staff who are passionate about creating a world without violence.

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## VIRTUAL TRAINING SOLUTIONS

**We know that resilient team members are able to manage their wellbeing and perform effectively in the workplace.**

*This 1.5 hour virtual training provides your staff with the ability to understand the role of resilience, how to develop resilient teams, strategies to safety plan with your staff, as well as the signs of workplace stress, burnout, compassion fatigue and vicarious trauma.*



### TOPICS EXPLORED

- ★ Understanding and identifying stress, burnout, compassion fatigue and vicarious trauma in your workforce.
- ★ The importance of setting personal and professional boundaries.
- ★ Building resilience within teams.
- ★ Developing and implementing Safety Plans.
- ★ How teams can implement strategies to foster connection in times of isolation.
- ★ Practical application of knowledge through developing participants own Wellness Plan.
- ★ Referral pathways, internal and external to provide support.

### LEARNING OUTCOMES



- ★ Increase understanding and confidence to identify the differences between workplace burnout, stress, compassion fatigue and vicarious trauma.
- ★ Build the skills to develop team protective factors to increase resilience.
- ★ Develop an increased understanding of workplace boundaries and the importance of this when supporting staff.
- ★ Completion of a Safety Plan.
- ★ Completion of a Wellness Plan and clear guidelines on when to seek help.
- ★ Certificate of completion and post training survey available.

### WHO SHOULD ATTEND

We all have a role to play in creating workplaces, homes, schools and communities where everyone is safe, equal and valued.

This training is suitable for all workplace staff who are leaders, managers, Human Resources, Diversity & Inclusion, People & Culture and any other staff who are passionate about creating a world without violence.

A pre- requisite for this training is for staff to have previously completed either face to face or eLearning to Recognise, Respond and Refer to DFV.

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## VIRTUAL TRAINING SOLUTIONS

*This 1.5 hour Creating Change - Active Bystander virtual training supports participants to take action when confronted with harassment or abuse. An **active bystander** is someone who takes action after witnessing or hearing about an incident that is harassing, violent, abusive or discriminatory.*

***We know that to create a world free from violence, we need individuals who are confident to be active bystanders within our community in order to create change.***



### TOPICS EXPLORED

- ★ Causes, prevalence and impact of domestic and family violence.
- ★ Behaviours and attitudes that justify, excuse, blame, trivialise or minimise domestic and family violence (DFV).
- ★ Strategies to respond directly and indirectly as active bystanders.
- ★ How to take action to challenge a culture that supports abusive and harassing behaviours.
- ★ Practical tools to be an active bystander including strategies to engage in conversation while working remotely.

### LEARNING OUTCOMES



- ★ Increase understanding and confidence to discuss DFV, harassment and discrimination.
- ★ Build skills to challenge attitudes and behaviours that enable DFV.
- ★ An understanding of the bystander effect and how to overcome this.
- ★ Active bystander tools to challenge discrimination, harassment or bullying within the workplace or community.
- ★ Certificate of completion and post training survey available.

### WHO SHOULD ATTEND

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A pre-requisite for this training is for staff to have previously completed either face to face or eLearning to Recognise, Respond and Refer to DFV.

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## CONTACT US

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