

2018 Health & Wellbeing Calendar

1300 OUR EAP 1300 687 327
convergeinternational.com.au



KICK-START YOUR YEAR | **CELEBRATING DIVERSITY IN THE WORKPLACE** | **BUILDING POSITIVE RELATIONSHIPS** | **CREATING SAFE WORKPLACES** | **CHECKING IN ON MENTAL HEALTH** | **GETTING READY FOR CHANGE**

JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
MON 01	New Year's Day	THU 01	Feel Good February	THU 01	World Compliment Day	SUN 01	Easter Sunday	TUE 01	Mindful in May	FRI 01	Bowel Cancer Awareness Month	SUN 01	NAIDOC Week	WED 01	Tradies National Health Month	SAT 01		MON 01	Health and Safety Month	THU 01	November	SAT 01	World AIDS Day
TUE 02		FRI 02		FRI 02		MON 02	Easter Monday	WED 02		SAT 02		MON 02		THU 02		SUN 02	Father's Day	TUE 02		FRI 02		SUN 02	
WED 03		SAT 03		SAT 03		TUE 03		THU 03		SUN 03		TUE 03		FRI 03	Jeans for Genes Day	MON 03		WED 03		SAT 03		MON 03	International Day of People with a Disability
THU 04		SUN 04	World Cancer Day	SUN 04	Clean Up Australia Day	WED 04		FRI 04		MON 04		WED 04		SAT 04		TUE 04		THU 04		SUN 04		TUE 04	
FRI 05		MON 05		MON 05		THU 05		SAT 05		TUE 05		THU 05		SUN 05		WED 05		FRI 05		MON 05		WED 05	International Volunteers Day
SAT 06		TUE 06		TUE 06	National Sleep Awareness Week	FRI 06		SUN 06		WED 06		FRI 06		MON 06		THU 06		SAT 06		TUE 06		THU 06	
SUN 07		WED 07		WED 07		SAT 07	World Health Day	MON 07	Domestic Violence Remembrance Day	THU 07		SAT 07		TUE 07		FRI 07		SUN 07		WED 07		FRI 07	
MON 08		THU 08		THU 08	International Women's Day	SUN 08		TUE 08		FRI 08		SUN 08	Diabetes Awareness Week*	WED 08		SAT 08		MON 08	Mental Health Week*	THU 08		SAT 08	
TUE 09		FRI 09		FRI 09		MON 09		WED 09		SAT 09		MON 09		THU 09		SUN 09		TUE 09		FRI 09		SUN 09	
WED 10		SAT 10		SAT 10		TUE 10		THU 10		SUN 10		TUE 10		FRI 10		MON 10	World Suicide Prevention Day	WED 10	World Mental Health Day	SAT 10		MON 10	
THU 11		SUN 11		SUN 11		WED 11		FRI 11		MON 11	Men's Health Week	WED 11		SAT 11		TUE 11		THU 11		SUN 11		TUE 11	
FRI 12		MON 12		MON 12	2	SAT 12		TUE 12		THU 12		THU 12		SUN 12		WED 12		FRI 12		MON 12	Australian Psychology Week*	WED 12	
SAT 13		TUE 13		TUE 13		FRI 13		SUN 13	Mother's Day	WED 13		FRI 13		MON 13		THU 13	R U OK? Day	SAT 13		TUE 13		THU 13	
SUN 14		WED 14	Wear Red Day	WED 14		SAT 14		MON 14	National Families Week	THU 14		SAT 14		TUE 14		FRI 14		SUN 14		WED 14		FRI 14	
MON 15		THU 15		THU 15		SUN 15		TUE 15		FRI 15	World Elder Abuse Awareness Day	SUN 15		WED 15		SAT 15		MON 15		THU 15		SAT 15	
TUE 16		FRI 16		FRI 16	Day Of Action Against Bullying & Violence	MON 16		WED 16		SAT 16		MON 16		THU 16		SUN 16		TUE 16		FRI 16		SUN 16	
WED 17		SAT 17		SAT 17		TUE 17		THU 17	Day Against Homophobia & Transphobia	SUN 17		TUE 17		FRI 17		MON 17		WED 17		SAT 17		MON 17	
THU 18		SUN 18		SUN 18		WED 18		FRI 18		MON 18		WED 18		SAT 18		TUE 18		THU 18		SUN 18		TUE 18	
FRI 19		MON 19		MON 19		THU 19		SAT 19		TUE 19		THU 19		SUN 19		WED 19		FRI 19		MON 19		WED 19	
SAT 20		TUE 20		TUE 20	International Day Of Happiness*	FRI 20		SUN 20		WED 20		FRI 20		MON 20		THU 20		SAT 20		TUE 20		THU 20	
SUN 21		WED 21		WED 21		SAT 21		MON 21	National Volunteers Week	THU 21		SAT 21		TUE 21		FRI 21		SUN 21		WED 21		FRI 21	
MON 22		THU 22		THU 22		SUN 22		TUE 22		FRI 22		SUN 22		WED 22		SAT 22		MON 22		THU 22		SAT 22	
TUE 23		FRI 23		FRI 23	Sleep Awareness Week	MON 23		SAT 23		THU 23		MON 23		THU 23		SUN 23		TUE 23		FRI 23		SUN 23	
WED 24		SAT 24		SAT 24		TUE 24		THU 24	Australia's Biggest Morning Tea	SUN 24	Stress Down Day	TUE 24		FRI 24		MON 24		WED 24	Worksafe Week*	SAT 24		MON 24	Christmas Eve
THU 25		SUN 25		SUN 25	ANZAC Day	WED 25		FRI 25		MON 25		WED 25		SAT 25	Daffodil Day	TUE 25		THU 25		SUN 25	White Ribbon Day*	TUE 25	Christmas Day
FRI 26	Australia Day	MON 26		MON 26		THU 26		SAT 26	National Sorry Day	TUE 26		THU 26		SUN 26		WED 26		FRI 26		MON 26		WED 26	Boxing Day
SAT 27		TUE 27		TUE 27		FRI 27		SUN 27	Red Shield Appeal	WED 27		FRI 27		MON 27		THU 27		SAT 27		TUE 27		THU 27	
SUN 28		WED 28		WED 28	World Day for Safety and Health at Work	SAT 28		MON 28		THU 28		SAT 28		TUE 28		FRI 28		SUN 28		WED 28		FRI 28	
MON 29		THU 29		THU 29		SUN 29		TUE 29	Wear White At Work	FRI 29		SUN 29		WED 29		SAT 29		MON 29		THU 29		SAT 29	
TUE 30		FRI 30	Good Friday	MON 30	Heart Week	WED 30		SAT 30	Red Nose Day	MON 30		WED 30		SUN 30		SAT 30		TUE 30		FRI 30		SUN 30	
WED 31		SAT 31		SAT 31		THU 31		THU 31		TUE 31		TUE 31		FRI 31		WED 31		WED 31		WED 31		MON 31	New Year's Eve

★ Employee Awareness Session ● Themed Presentation ▲ Manager Awareness Session * At the time of publishing this calendar, not all 2018 dates for health and wellbeing events were available. Events with an * mark the dates of these events in 2017. The actual dates of these events in 2018 may be different.

2018 Health & Wellbeing Calendar

1300 OUR EAP 1300 687 327
convergeinternational.com.au



HOW TO LOGIN TO YOUR EAP PORTAL

Visit convergeinternational.com.au and hover your mouse cursor over the **Client Portal** link on the top menu. Then choose EAP Portal and click to log in.
USER NAME: converge **PASSWORD:** eap

MONTHLY MAIL-OUT

The Converge International Health & Wellbeing Calendar is your quick guide to health and wellbeing events through the year. You can use your calendar, together with your Monthly Materials, to help boost staff awareness of specific themes and to plan education programs through the year.

- MONTH A**
 - BATHROOM BANTER POSTER
 - TIP SHEET
 - EMAIL
- MONTH B**
 - DIGITAL MEDIA
 - NEWSLETTER INSERT
 - EMAIL

A FUTURE THAT WORKS

Led by Converge International's research partner, Reventure, the *A Future That Works* campaign produces regular research reports exploring key trends around the future of work. You can sign up to support the campaign, get access to the research reports and find out more by going to www.afuturethatworks.org.au

FREE ROI CALCULATOR

Converge International believes in transparency. That's why we are offering our clients access to the Converge International ROI Calculator – a unique tool that shines a light on financial savings to employers and employees generated through using our EAP. Speak with your **Client Relationship Manager** to find out more.

To make an appointment, call Converge International on:
1300 our eap
1300 687 327
convergeinternational.com.au

DID YOU KNOW?

Approximately **1 in 5** Australians are living with poor mental health¹

29% of Australian workers often or always feel a high amount of stress in relation to their job²

54% of people with mental illness do not access any treatment³

Half of Australian workers have experienced one or more serious incidences of conflict or other negative impacts at work⁴

1. Facts and stats about mental illness in Australia, Mindframe 2. Australia's Health 2014 Australian Institute of Health and Welfare 3. 2016 Snapshot of the Australian Workplace, Reventure 4. Delivering Purpose and meaning 2017, Reventure

EAP PLUS

EAP Plus is a range of manager referred support services and assessments for staff members who require additional support beyond what is provided through Converge International's People Assist streams.

A range of support services and assessments are available including:

- Drug and Alcohol Assessment
- Wellbeing Check
- Fitness for Duties Assessment
- Workplace Behaviour Coaching
- Extended Counselling
- At Risk Support

TRAINING PROGRAMS

- Empowering clients to create great workplaces where staff members can reach their full potential
- Training Programs focus on improving workplace relationships, resolving conflict, managing change, minimising risk and effective communication skills
- Available as shorter 'lunch and learn' sessions, half and full day programs

SafeSelect

Proven Applicant Profiling and Pre-employment Risk and Safety Screening

Make hiring decisions based on objective psychometric data for roles such as carers, emergency service workers, public safety staff.

SafeSelect's pre-employment candidate screening tools provide highly specific, detailed and objective information on candidates for human services and public safety roles.

WEBINAR SERIES

Join Converge International's regular webinar/ multimedia series in 2018! Each month we will be presenting content based on our EAP/ Manager Awareness Sessions (Month A) or Health & Wellbeing Calendar themes (Month B). The webinar series will feature live and pre-recorded webinars and will be available to watch on Converge International's YouTube channel.

RAPID RESPONSE/ CRITICAL INCIDENT RESPONSE

When a crisis happens in your workplace, we are ready to support your staff. Your appointed Authorising Contact can call Converge International to initiate the service in response to a crisis incident. Our critical incident response model is based on current evidence and best practice. Available 24/7/365, whenever you call you will speak with one of our team to assist you through the incident and response options.

SPECIALIST PHONE HELPLINES*

Our Specialist Phone Helplines provide access to additional, specialist support for challenges people may face in their lives.

- Aboriginal and Torres Strait Islander Peoples
- Domestic and Family Violence
- Eldercare
- Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex

*Helplines are additional services, please contact your CRM to activate these for your organisation.

EAP Connect

Download 'EAP Connect' – the Converge International mobile app for Android and Apple!

Install today to find out more

To download search 'EAP Connect' in your app store.

Get it on Google play | Available on the App Store

EAP SERVICES

By calling **1300 our eap** (1300 687 327) your staff can speak with our counsellors about work and personal matters that may be impacting on their workplace performance and wellbeing. Our EAP services include:

- Employee Assist
- Manager Assist
- Conflict Assist
- Career Assist
- Lifestyle Assist
- Money Assist
- Family Assist
- Legal Assist

RAPID RESPONSE

When a crisis happens in your workplace you can always turn to us for assistance in managing the aftermath. Our response model distinguishes between individual crisis counselling, a planned team debriefing and critical incidents.

CONFLICT RESOLUTION SERVICES

With managers spending up to 30% of their time managing conflict, you can access mediation, conflict coaching, facilitation services and other resources to get back to a cooperative workplace.

CAREER SERVICES

Access comprehensive services for job search, hiring, promotion and outplacement. Psychometric testing services are also available for pre-employment, career testing, general assessment and specialist consulting programs.

TRAINING SERVICES

Employee learning never stops, which is why we offer an extensive range of training programs and seminars to meet the changing needs of workplaces, their teams and staff.

COACHING SERVICES

Coaching is often the 'missing piece' in leadership training programs and a long-term coaching relationship can be one of the most effective ways to drive behavioural change.

LEADERSHIP, CULTURE AND CHANGE

Developing leaders, managing change and setting culture are the most important and challenging things your company does – we're here to help.

HR CONSULTING

From offering broad, strategic HR advice to focusing on specific issues such as complex and serious team conflicts, we are there as an extension of your HR function. We offer a variety of assessment options for teams covering risk, safety and wellbeing.