

Psychosocial Awareness Training



Presented by
Dr Tessa Bailey
CEO, The Opus Centre
Chair of the Global Psychosocial Safety Network

1 HOUR ONLINE SESSION

INSPIRE · MOTIVATE · WELLBEING · LEAD · INNOVATE

Unlock the hidden drivers of workplace wellbeing. This training opens your eyes to the “invisible” risks, like stress, workload, and culture, that shape how people think, feel, and perform. You’ll gain practical tools to spot early warning signs, take action, and create a workplace where people feel safe, supported, and able to thrive. It’s not just about compliance, it’s about building stronger teams, better conversations, and a healthier, more resilient organisation.

Psychosocial awareness training gives participants a clear, practical understanding of how the way work is designed, managed, and experienced can impact mental health, wellbeing, and performance. It explores common workplace psychosocial hazards such as high job demands, poor communication, poor recognition, bullying, or lack of support, and how these often-hidden risks can affect individuals and teams over time.

The training moves beyond theory, helping participants recognise early warning signs, understand their responsibilities, and apply simple, structured risk management approaches. Through real-world examples and discussion, it builds confidence to identify issues, respond appropriately, and contribute to a workplace where people feel safe to speak up, supported in their roles, and able to perform at their best.

Learning Outcomes

By the end of this session, participants will be able to:

- Define psychosocial hazards
- Identify common psychosocial risks
- Recognise and respond to early warning signs
- Understand legal and organisational responsibilities
- Apply basic risk management methodology

Testimonials

Clyde Eiszele, Glenorchy City Council

Great course and excellent presenter that kept the group engaged and had the group feeding into the conversation. The information provided is shown in real situations and also great tools for the participants to utilise to do checks on their current situation and what it means for their future progress in this area.

Rob Cracknell, Levande

The training delivered by The Opus Centre was engaging, practical, and really helped our leaders understand psychosocial safety. Working with their team was seamless—they brought clarity, energy, and deep expertise to the process

Facilitator

Dr. Tessa Bailey is a leading expert in psychosocial safety and workplace mental health. As CEO and Principal Psychologist at the OPUS Centre for Psychosocial Risk, Dr Tessa develops evidence-based strategies to enhance worker health and productivity. A published author and sought-after speaker with over two decades of experience in research and applied practice, her expertise involves building safety systems and sustainable workplace interventions to better manage psychosocial risk. She has collaborated with diverse industries, government agencies, and academic institutions around the world to create healthier and more productive workplaces.