JAY BARRETT – PERFORMANCE PSYCHOLOGIST FOCUS FOR SERVICE

Coaching and Support (Individuals and Groups)

- Coaching - leadership, managing change, executive, wellbeing, and much more
- Support with complexity and conflict in the workplace
- Performing at your best from a psychological perspective
- Workplace mental health assessments and plans

Training and Development (Group Facilitation)

Workshops can be facilitated in 1 hour, 2 hour, half-day or full day options. Topic's include:

- Supporting mental health at work as leaders
- Mental fitness, stress and resilience training
- Leading through change at work
- Customised leadership training
- Protecting mental health at work as a team member
- Customised training on specific workplace stressors and psychosocial hazards
- Performing at your best - Performance psychology tools for optimal performance
- Developing wellbeing at work

Audits, Assessments and Consulting (Division / Organisational Level)

- Organisational mental health and wellbeing review and recommendations - Review organisational processes and procedures that protect mental health at work
- Organisational, division or group-level psychosocial risk assessments and recommendations
- Change readiness assessments and recommendations



For more information and contact details,
go to: www.barrettconsultants.com

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