

Training Programs for Case Managers, Support Workers, Teachers, etc.

Program Name	Purpose	Major Topics
Making Sense of My Senses	<p>1 - Helps workers understand how the brain understands and interacts with the environment, people, and objects.</p> <p>2 - Helps workers understand how trauma, autism, ADHD, cerebral palsy, SPD, etc can impact how we experience our world.</p>	<p>How does our brain understand our environment (i.e. risk, movement, touch)?</p> <p>How can anxiety impact our ability to function day to day, on a sensory level?</p>
Understand my Behaviour; Understand me	Helps workers to brainstorm current client scenarios with a 'behavioural lens' which helps workers to better understand and empathise with their client, in context with the client's health condition, special needs, and circumstances	<p>How does my ability to express my needs verbally impact on my ability to function day to day?</p> <p>What does fight/flight mean?</p>
Healthy Workers; Happy Workers	We understand the stress, pressure and difficulties involved in caring for others so this training program teaches workers how to develop their own evidence-based healthy workplace program which aims to improve health, morale, and productivity	<p>How to be more focused, productive, and happy at work.</p> <p>How to be more active while sitting at a desk.</p>
You only have one spine	One of our Healthy Works programs. It involves educating your workers about their spine and hips and how to improve the health of your spine at work, to reduce long-term health problems, less days at work, and poor well-being	<p>What can cause a bulging disc?</p> <p>How you can prevent injuries at work.</p> <p>How to protect your back at your desk or tea room.</p>



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