



Building Capability Through Connection and Wellbeing

A comprehensive training offering designed to strengthen people, teams and workplace wellbeing.

AWS Training Programs

AWS training goes beyond theory. We tailor our training to the needs of your team, equipping your people with skills they can immediately apply. Sessions are designed for face-to-face facilitation on-site but can be delivered online if required. Maximum of 25 participants per session.



Workplace Mental Health

This training provides a basic understanding of mental health, common challenges, and how to recognise and respond to suicide risk in the workplace. Plus practical strategies for fostering a safe, supportive, and informed work environment.



De-escalation Skills

This session builds practical skills for managing aggression and agitation from clients or colleagues, helping participants de-escalate conflict, handle challenging interactions confidently and support a safer workplace environment.



Leadership Matters

This training explores mental health awareness, psychological safety, and the impact of psychological injury in the workplace. It equips managers with effective strategies to reduce risks and create a culture of safety and support.



Thriving in Challenging Roles,

Building resilience helps employees navigate workplace challenges. This training develops emotional intelligence, self-management and professional boundaries, with full-day sessions adding strategies to reduce vicarious trauma, compassion fatigue and burnout.



Counsellor by Chance

Employees may support distressed colleagues. This training develops confidence to manage difficult conversations, respond to incidents and offer appropriate support while maintaining boundaries, without training participants as counsellors.



Team Dynamics

A strong team culture is built on trust and communication. This session explores team dynamics, communication styles, conflict resolution, and strategies for fostering psychological safety within teams.

