

# Growth & Resilience For Organisations & Workers Program



The Growth & Resilience For Organisations & Workers (GROW) program is a workplace initiative focusing on our ability to deal with the things that we find tough and challenging at work – the things that cause us stress.

The aim of the program is to help us all deal a little better, and feel a little better, in the face of the varied challenges that we encounter at work, and to make sure a strong support network exists at your workplace.

## Program content

The GROW program has been developed with extensive input from professionals in different fields. GROW involves:



A workshop delivered by PAHL for members of your workplace



PAHL working with the whole workplace to embed the program



A whole-workplace commitment to staff wellness

## PAHL group

- ▶ **Dr Ben Jackson and Dr James Dimmock** created and direct UWA's Psychology of Active, Healthy Living (PAHL) group
- ▶ **PAHL's vision is to utilise the 'power of people'** in promoting mental and physical health in individuals from all walks of life



### Ben and James do this by

- Conducting fundamental work that advances our understanding of health
- Developing and delivering health promotion interventions
- Ensuring that PAHL's interventions are embedded (long-term) in communities



### PAHL Contact details:

Ben – ben.jackson@uwa.edu.au

James – james.dimmock@jcu.edu.au

**Over 70%** of participants in GROW's pilot program confirmed that they found GROW really important and felt that it would benefit employees in other workplaces



## Feedback from previous GROW participants...



"I enjoyed the opportunity to develop strategies for my own specific triggers and issues. I feel like I am going into the new semester with clear goals and plans"

"Thank you for treating us as professionals. Unlike other PD workshops, it did not demand participants to do classroom activities. I enjoyed this approach so much more"



"We had time to reflect and were not rushed, we were able to share our experiences"



"It has made us more aware of your peers and colleagues when they are stressed and refer them to the right direction if they need extra support"



"It was backed up by up-to-date research, interesting and useful"

