

# HEALTHIER WORKPLACE WA TRAINING CALENDAR

Healthier Workplace WA offers free training to all Western Australian workplaces suitable for small, medium and large organisations in all industries. Whether you're considering a workplace health and wellbeing program, developing an action plan or looking to evaluate your initiatives, our range of free training options are here to help Western Australian organisations.

## TRAINING OPTIONS

### COORDINATOR WORKSHOP

Half-day session looks at the benefits for a workplace to invest in the health of workers, best practice workplace health and wellbeing strategies and the steps involved in creating a workplace action plan.

### MASTERCLASS

One-hour session focussing on key health and wellbeing program areas. Masterclasses are designed to work with you closely with your needs relating to the topic.

### ONLINE COORDINATOR TRAINING

Covering the basics of workplace health promotion, providing the foundation to develop a comprehensive and tailored program.

### WEBINAR

Webinars cover a range of health and wellbeing topics. Featuring guest speakers and handy tips for you and your workplace, all webinars are available online on our YouTube channel.

## TRAINING SCHEDULE

### ALL YEAR

- Online Coordinator Training
- Webinars

### MARCH

- Wednesday 1 - Coordinator Workshop
- Thursday 23 – Masterclass: Smoking and Workplace Policy

### APRIL

- Masterclass: Healthy Eating Support and Policy\*

### MAY

- Masterclass: Workplace Physical Activity Support\*

### JUNE

- Thursday 15 – Coordinator Workshop
- Masterclass: Alcohol in the Workplace \*

\*Email us for training dates.

## REGISTER TODAY

Registrations for all training can be made online at [www.healthierworkplacewa.com.au](http://www.healthierworkplacewa.com.au) by phone **1300 550 271** or by email [hwwa@heartfoundation.org.au](mailto:hwwa@heartfoundation.org.au)