

Rethink challenges, changes and leadership

Three invaluable programs
designed by expert
Psychologists.
Tailor-made for workplaces,
teams and individuals.



Rethink adversity, and thrive

Learn the unique Rethink principles devised by leading Psychologists Professor Brock Bastian and David Burroughs across three immersive 90-minute capability uplift sessions, complete with additional learning consolidation and implementation activities.

With new ways of working and the sustained disruption of COVID-19, we are all being asked to work in ways in which our jobs were never originally designed. While your job and its KPI's might seem the same as before, the psychological demands of increasing uncertainty, disruption, complexity and challenge can be hard to navigate. To not just survive, but to thrive during such a time, we all need to rethink how we interpret, respond and act. Learning how to willingly lean into discomfort and challenge, the Rethink program equips you and your team to challenge current thinking patterns and adopt a more agile, flexible and adaptive approach to whatever you face.

Rethink Challenge

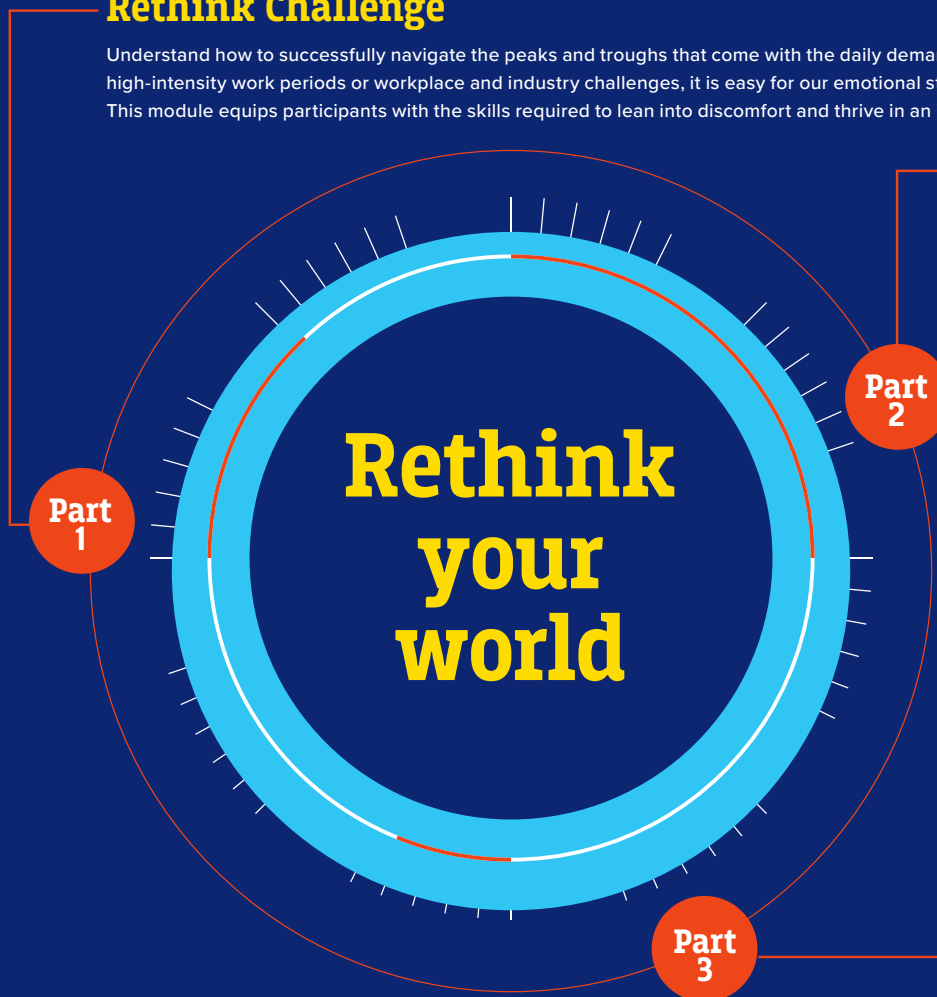
Understand how to successfully navigate the peaks and troughs that come with the daily demands of work. Through challenging times, such as high-intensity work periods or workplace and industry challenges, it is easy for our emotional states and thinking patterns to limit our potential. This module equips participants with the skills required to lean into discomfort and thrive in an increasingly on-demand/high-demand world.

Rethink Change

Right now business disruption and transformation is everywhere. With hybridised working, downsizing, rapid expansions as well as restructures, sustained disruption seems to have become the norm. This course demonstrates how developing a flexible mindset and not getting 'emotionally stuck' can give you the mental bandwidth to move away from viewing change as a threat, instead seeing opportunity to innovate and grow.

Rethink Leadership

As work pressures increase and uncertainty prevails, leaders need to be able to help reset the way their teams think in order to optimise their performance. Designed to be run in conjunction with the Rethink Challenge and/ Rethink Change programs, this course gives leaders the knowledge and skills required to help their teams become more psychologically agile and adaptable to change, uncertainty and challenge. It helps leaders identify and address thinking patterns that may be inhibiting their performance and those around them.



“The teams that will survive the ongoing disruptions of our post-COVID-19 world, will know how to collectively lean into discomfort, respond rather than react and focus on what matters. They will be defined by their capacity to rethink the situations they find themselves in.” - Professor Brock Bastian

Each Course Includes:



Targeted pre-workshop resources to amplify the learning experience



90 minutes of insights and thought-provoking learning



Post-workshop learning guide so you can apply Rethink into your routines and workplace



Strategies and ideas that are evidence-informed, practical and based on modern psychological science



Presented exclusively by Senior Psychologists with extensive expertise in behaviour change and workplace performance optimisation



Ideas and actions you can apply to workplaces, leadership and life

Rethink assists you, your team and your organisation in how to:

- Take on adversity in meaningful ways.
- Turn discomfort into opportunity.
- Self-navigate the uncertain.
- Respond without feeling overwhelmed.
- Avoid the pitfalls of emotionally reactive decision-making.

“When you build capacity in employees to adapt in difficult, changing circumstances, your business and people become stronger, more agile, more capable and more innovative as a result. Rethink provides essential skills that assist employees not only to survive, but thrive when the going gets tough.” – David Burroughs

The minds behind Rethink



Professor Brock Bastian

Professor Brock Bastian is a top-tier academic, Ted-X speaker and the author of 'The Other Side of Happiness: Embracing a more fearless approach to living'. His research on the Psychology of human behaviour has been reviewed by leading news outlets that include Time Magazine, Huffington Post, The Economist, New Scientist, Scientific American, CNN, ABC, Globe and Mail, and The New Yorker. His innovative ideas have been acknowledged with the Wegner Theoretical Innovation Prize.



David Burroughs

David Burroughs is the renowned workplace Psychologist who has had a 20 year international career as a strategist, consultant, advisor and practitioner. His experience spans multiple industries including clinical, military, corporate and community domains. With a commitment to implementing proven research, David is a specialist and expert in workplace climate, behaviour, psychological safety and the prevention of workplace mental ill-health.

Start Rethinking now

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