

CORP CATCH UP

MAY 2015

Mindfulness and Managing Stress 1 Day Retreat– Hosted by CORP

Held at Rydges Darwin Airport Resort \$285—Morning tea and Lunch included

CORP ran this Retreat last month and it was a sell out event! Don't miss out on the next course which is running on 30th June.

Stress is not necessarily bad. Excessive stress though is on the increase. Learning to manage stress can make the difference between success and failure. This workshop will raise awareness of the nature and cause of stress, both at home and in the workplace. Participants will be able to identify signs and symptoms of stress in themselves and others and become more aware of a range of relaxation techniques.

Workshop content:

What is stress?

Differences in perceiving Stress and common signs of Stress

Know the warning signs

Stress Management Strategies and relaxation Techniques

Positive language/ self-talk

Mindfulness – what it is and why it is the fastest growing tool for resilience, effectiveness, wellbeing and leadership

Integrating mindfulness at work and home

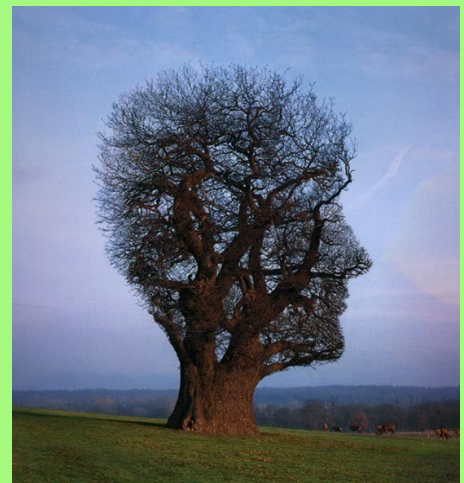
How to improve focus, concentration and decision making

Unhook from unhelpful thinking

What people said:

“A great mix of practical tools, theory, advice and group learning. I have lots of ideas and methods to take back to my workplace. I would highly recommend this training.”

Provides the ability to recognise and respond to thoughts that do not serve me in a positive way, gave me the tools to respond to these thoughts productively.”



<https://www.facebook.com/corp.org.au>

The Cost of Unnecessary Meetings

With up to three-quarters of meetings proving completely unnecessary, research from Britain suggests the wasteful minutes can be replaced by more productive means of communication.

UK-based employment law consultancy Protecting.com.uk says wasteful meetings can cost a company thousands of pounds per day based on lost productivity.

“Managers who let meetings run for hours can be worse for company profits than worker absenteeism,” says Protecting.co.uk spokesman Mark Hall.

“We worked out the cost of a meeting involving 10 people in an average British business and we were stunned by the results,” Hall says. “The sad fact is that many meetings can be replaced with something cheaper and more efficient.”

The company’s research shows that a one-hour meeting attended by 10 people and one manager costs at least £250 (AU\$480) in salaries alone, before taking into account those that travel to be present. The inclusion of a legal representative or a member of senior management can push the meeting cost up to £750.

“And if you add external consultants, a one-hour meeting can quite easily hit £1,000,” Hall says. “And the worst part is that managers are often blind to how much money is leaking out of their organisation as a result.

“We’ve heard of people being tied up for days and weeks at a time, deciding nothing and getting nothing done. The cost of these travesties runs into the tens of thousands of pounds, yet these are the same organisations that hound their staff over a missing lunch receipt for a tenner.”

He suggests replacing meetings with emails, short briefings, and desk-based conferencing and chat tools. And when face-to-face is absolutely necessary, keep it as short as possible.

“Most people would rather be doing something rather than sitting in a room talking turkey,” Hall says. “Look after your company’s profits – keep those meetings short and sweet.”

<http://www.hrmonline.com.au/section/featured/cost-unnecessary-meetings/>



Inspiring Ideas for just being Better! Lunch and Learn

At CORP we recognise that it is not always convenient or practical to take time away from the workplace to attend a half or full day training course, this is why we have introduced *CORP Talks*, new to 2015! These Talks offer you the opportunity to attend bite size seminars over your lunch hour. We have an array of Psychologists, Counsellors and Coaches who will be running inspiring Talks to get you thinking, learning and even relaxing.

We encourage you to bring your lunch and get involved. Talks are being held 12pm-1pm.

You may come along to a Talk and decide that your workplace could benefit from some training in that area. If this is the case we can certainly look at organising further training which can be customised to specifically meet your workplace needs.

The Neuroscience of Leadership was a SELLOUT event at October Business Month 2014 with over 100 people attending in Darwin and Alice Springs!

What are people saying about CORP Talks?

“Excellent...A great opportunity to learn.....Fantastic, it has given me more of an understanding of my brain.....Useful and a chance to reflect on my own Leadership..... Fresh new research that is not being spoken of enough.....How my brain functions effects the way in which I manage my staff.”

Date	CORP Talk	Duration
Thurs 12 th March	The Brain and Change	1 Hour
Thurs 16 th April	The Neuroscience of Leadership	1 Hour
Fri 29 th May	Mindfulness –The Power of Mediation	1 Hour
Weds 10 th June	Tactical Men’s Business	1 Hour
Weds 25 th June	Stress/Self Care –Four 5 second stress reduction techniques	1 Hour

* The Brain and Change and The Neuroscience of Leadership CORP Talks will be running later in the year. Please send your EOI to Jo at corp@corp.org.au*

Location:

Darwin: Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park—\$39

Alice Springs: The Jock Nelson Building, 10/16 Hartley Street, Alice -\$45

Public Workshop Calendar Darwin and Alice Springs March – June 2015



Date	Workshop	Duration
Thurs 12 th March	The Brain and Change – <i>CORP Talk!</i>	One Hour
Thurs 19 th March	Appropriate Workplace Behaviours for Staff- Bully-	Half Day
Tues 31 st March	Get to the Point: Communication for Managers	Full Day
Weds 8 th April	Mindfulness and Managing Stress 1 Day Retreat –	Full Day
Thurs 16 th April	The Neuroscience of Leadership- <i>CORP Talk!</i>	One Hour
Thurs 30 th April	Difference, Disability and Diversity- Multiculturalism for Managers	Half Day
Tues 5 th May	Becoming The Vigilant Manager	Half Day
Weds 13 th May	Customer Service	Half Day
Thurs 28 th May	The Resilient Leader	Half Day
Fri 29 th May	Mindfulness – The Power of Meditation- <i>CORP Talk!</i>	One Hour
Weds 3 rd June	Managing Staff Performance	Half Day
Weds 10 th June	Tactical Men's Business- <i>CORP Talk!</i>	One Hour
Thurs 18 th June	Getting your Message Across: Key Communication Skills	Full Day
Thurs 25 th June	Stress/Self Care- Four 5 second stress reduction techniques- <i>CORP Talk!</i>	One Hour
Tues 30 th June	Mindfulness and Managing Stress 1 Day Retreat – Rydges Resort	Full Day

DARWIN HEAD OFFICE
P. (08) 8941 5661
F. (08) 8941 0746
E. corp@corp.org.au

Alice Springs
P. (08) 8953 4225
F. (08) 8953 6894
E. easaalicesprings@easa.org.au

Katherine
P. (08) 8941 5661

www.corp.org.au

Full Day Workshops
8:30am – 4:00pm
(1 day) Lunch provided
\$255 – Darwin
\$285– Alice Springs

Half Day Workshops
8:30am – 12:00pm
\$132 – Darwin
\$175 – Alice Springs

CORP Talks !
\$39 –Darwin
\$45—Alice Springs

Locations:

Level 2 Highway
Arcade, 47 Stuart
Highway, Stuart
Park

Jock Nelson Build-
ing
10/16 Hartley Street
Alice Springs

All Public Workshops require a minimum of 6 participants in order to be confirmed. CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.



Public Workshop Calendar

Katherine Jan –Nov 2015



Date	Workshop	Duration
Thurs 26 th Feb	Resilience and The Art of Bouncing Back	Half Day
Weds 11 th March	The Neuroscience of Leadership. CORP Talk Free	One Hour
Thurs 26 th March	Getting your Message Across: Key Communication Skills	Full Day
Weds 29 th April	Dealing with Dysfunctional People in the Workplace	Half Day
Thurs 28 th May	Mindfulness and Managing Stress	Half Day
Weds 24 th June	Appropriate Workplace Behaviours (Staff)	Half Day
Thurs 30 th July	Work Life Balance	Full Day
Thurs 27 th August	Customer Service	Half Day
Tues 29 th Sept	Mediation and Conflict Skills for Managers	Full Day
Thurs 29 th Oct	Critical Incident and Trauma Response for Managers	Half Day
Weds 25 th Nov	Mindfulness and Managing Stress	Half Day

DARWIN HEAD OFFICE
P. (08) 8941 5661
F. (08) 8941 0746
E. corp@corp.org.au

Alice Springs
P. (08) 8953 4225
F. (08) 8953 6894
E. easaalicesprings@easa.org.au

Katherine
P. (08) 8941 5661
www.corp.org.au

Full Day Workshops

8:30am – 4:00pm

\$285 (1 day) Lunch provided

Half Day Workshops

8:30am – 12:00pm

\$175

Location: Katherine Regional Training Centre,
19 Second Street,
Katherine

All Public Workshops require a minimum of 6 participants in order to be confirmed. CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.