

Emotional Intelligence Course

Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer support, unlike First Aid which is accepted and common in our community. However most First Aid courses do not cover mental health problems.

Mental health problems can affect anyone in the community and inaccurate and stigmatising attitudes towards people with mental illness are common.

Many people lack the knowledge, skills, and confidence to support a friend, family member or co-worker experiencing a mental health problem, including how to approach someone and start a safe conversation.

Mental Health First Aid (MHFA) teaches students the skills to help someone who they're concerned about, that may be experiencing a mental health problem or personal/major crisis.

ENROL!
NOW!



Course Details

Duration: **3 days**
Cost: **Fully funded by smart and skilled government funding**
*eligibility criteria applies
Date: TBA
Time: **TBC**
Location: **Face to Face or Online**

Modules

Partial BSB40520 Cert IV in Leadership & Management

BSBPEF401 Manage personal health and wellbeing
BSBPEF502 Develop and use emotional intelligence

Disclosure: A statement of attainment will be awarded for all units of competency upon course completion. Awarded units may be eligible for credit transfer for further study in management courses, such as BSB40520 Certificate IV in Leadership & Management.

Fully Funded (Fee-Free) Leadership & Management Course, *eligibility criteria apply

Course Schedule

This short course runs over the course of three days spread over three weeks. In order to receive your statement of attainment for each unit of competency you must attend the corresponding session.

Training delivered at: For more information – please visit our website.

Cost: Fully funded by smart and skilled government funding
*eligibility criteria applies

Eligibility: To be eligible for a fully subsidised place you must meet Smart and Skilled eligibility guidelines which are:

- Live or work in NSW
- Must be 17 years or above
- You must have completed and signed out of school
- An NSW Veteran or their recognised partner or spouse
- Be an Australian Citizen, a Permanent Resident, a New Zealand Citizen, or a humanitarian visa holder

Contact Us

Email: shai.kowalski@changenetwork.com.au
Phone: 02 9197 8690
Website: changenetwork.com.au