

Thrive at Work in Mining Masterclass Series



[thriveatwork.org.au/
mining-masterclass](https://thriveatwork.org.au/mining-masterclass)

As part of the State Government's Mental Awareness, Respect and Safety (MARS) Program, the Future of Work Institute has developed the Thrive at Work in Mining Masterclass Series for the mining industry to support companies at various stages of their journey towards building a mentally healthy workplace.

The workplace mental health landscape can be confusing to navigate, and even companies who want to champion employee wellbeing are faced with the absence of a clear way to take action. The Thrive at Work initiative aims to bridge this gap, by unifying research and regulations into a single framework that allows companies to develop a strategic approach to workplace mental health.

Companies that use framework as a basis for their mental health and wellbeing strategy can be confident that they are taking a holistic approach that not only focuses on helping people get well (Mitigate Illness), but also helping people stay well (Prevent Harm) and be the best they can be (Promote Thriving).



'A holistic, prevention orientated, and proactive approach to mental health at work'

The Future of Work Institute's mission is to support thriving people and organisations in the digital age.

Everyone benefits from work that is meaningful and productive. In a time of frequent transition, the Future of Work Institute seeks to understand and improve work. We partner with groups and organisations from all sectors to implement, evaluate, and support change.

Our Institute is recognised as a global leader in conducting high quality, independent and innovative research to understand the role of work design in generating healthy and productive work.



Transformative
work design

Work capabilities
and motivation

Human systems
integration

Public policy in
the digital age

Data analytics and
decision making

Ageing and work



Who?

Two representatives per company

Senior leaders in HR, WHS, OD, wellbeing and mental health



What?

The "How"

Thrive at Work implementation process

The "What"

Thrive at Work Framework

The "Evaluate"

Thrive at Work foundational elements

Resources

- 3 x built-for-purpose, practical toolkits
- Case studies showcasing real-world approaches to mental health and wellbeing



How?

Masterclass series

- Cohort based, five one-day face to face sessions
- Workshop style, interactive and practical skill-orientated sessions

Capstone session

Each company will complete a 5-7 minute Capstone presentation

Community of Practice

Connect with Mining Masterclass Alumn to share ideas, resources and solutions



Why?

Individual

Learn how to develop an integrated and holistic mental health and wellbeing strategy and action plan

Company

Opportunity to mature mental health and wellbeing practices or strategy

Industry

- Opportunity to create cross sector collaborations
- Work towards a shared understanding of key challenges and opportunities



When?

Pre-series

Survey and interviews

Session 1

15 Jul 2024

Session 2

5 Aug 2024

Session 3

26 Aug 2024

Session 4

16 Sept 2024

Capstone

21 Oct 2024



Cost?

Fully funded by the MARS Program - We ask for contribution in:

- Completing pre-series survey and interview
- Attending all 5 sessions
- Presenting on capstone day
- Completing a post-series survey and interview

This publication is correct as at April 2024, but is subject to change.

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