



# CHECKMATE

**3-4 Hour Workplace / Sports Team / Team Wellness and Support Training**

Identifying life-supports that increase and sustain wellness in your team

Safe approach to collegial life-supporting conversation in the team.

## CHECKMATE - WORKPLACE WELLNESS AND SUPPORT

Checkmate is a workplace support training program that equip and inspire staff and management to increase life-supporting conversations and wellness in the workplace.

**Focus:** Workplace Wellness and Support

**Duration:** 3- 4 hours

**Participants:** Staff / Management & Coaches

**Trainers:** A-OK.NZ Trainers

**Developers:** 1 Degree / A-OK / National Centre For Suicide Prevention Training

**A-OK Trainers:** Our trainers have been delivering these workshops across NZ for over 10 years

### What Is Checkmate.

People spend over half their day in their workplace / professional sports teams. Most colleagues, peers, players, coaches and management want to help but often find it hard to start the conversation or know what to ask. In checkmate learn how to have life-supporting conversations

A life-supporting conversations involves:

- Recognising Signs
- Check in skills
- Listen skilfully to hear what they are trying to say
- Ask clarity questions
- Identify Safety Support Resources and Support them to Safety
- Maintaining caring professional relationships.

### Training Features Include

- Presentations and guidance from an A-OK registered trainer
  - Access to support from a local A-OK ambassador
  - Powerful audio-visual learning aids
  - The simple yet effective CHECKMATE steps
- Hands-on skills practice and development

### Learning goals and objectives

CHECKMATE participants will learn to:

- Notice and respond to situations where a colleague or staff member is in need of support
  - Explore our dilemmas as helpers and empathise with their dilemmas in reaching out for help.
  - Apply the CHECKMATE steps to bridge support.
- Caring – Collaborating – Connecting Steps**
- Identify workplace and community resources and how to connect someone for further help
  - Know how to support them to get the help.
  - How to maintain professional relationships and future check-in's
  - Explore ways to support wellness in the workplace.

### CHECKMATE For Everyone

It is important that everyone in your organisation has CHECKMATE Skills

CHECKMATE can be tailored to your specific industry or workplace