



# FACT SHEET

## PSA Training

### Stronger Together Through Education

Union training aims to empower members and delegates to grow the union in their workplaces and achieve good and effective resolutions to workplace issues. Members are entitled to Special leave to attend union training (12 days in a 2-year period).

You can enrol online at [www.psa.asn.au/training-you/training-application](http://www.psa.asn.au/training-you/training-application)

### Delegate/Activist Development

#### Prerequisite: Introduction to the PSA/CPSU NSW

This course examines how the union works, union history, power dynamics and values.

#### Level 1: Role of the Delegate / Young Workers Training

Examines the role of the delegate and organising at work. Young Workers Training includes a session on activating younger people in the union (members 35 and under).

### Level 2: Dealing with Member Issues

Learn how to handle individual issues using the problem solving framework, and build on your advocacy skills.

### Work, Health and Safety

#### Work, Health and Safety (2 Day)

Examines the rights, entitlements and obligations under the WHS Act 2011 that underpin a safe and healthy workplace, including: WHS responsibilities, consultation, issue resolution, Health & Safety Representatives (HSR), risk management and workplace inspections.

### Mental Health, Care and Resilience

Examines how to create good mental health at work. including looking at information and resources to support people with mental health issues, and strategies to manage stress and build personal resilience.



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## Dealing with Workplace Bullying

What is bullying and harassment and how do we prevent and manage it at work? We look at relevant legislation and guidance materials that can assist.

### New Skills and Knowledge

#### Achieving Workplace Flexibility

We examine the benefits of workplace flexibility and the flexible work practices exist in the NSW public sector. It will examine how to access and implement these flexible work practices, by providing negotiation and organising strategies.

#### Dealing with Restructures

We examine government guidelines that inform the restructures process, how the PSA responds to restructures at the consultation and implementation stages and the role members and delegates can play.

## Meeting and Negotiation Skills

Learn how to run meetings smoothly and efficiently, both in a union context and more broadly. You'll also learn how to tip the balance of power by learning how to negotiate effectively.

#### Public Speaking

Learn how to speak confidently and effectively in public, a useful skill for active unionists.

#### Women in the Union

We examine the important role women have and can play in building strong unions, including dealing with sexual harassment, power and assertiveness.