



From Injury to Recovery



WORKERS
COMPENSATION

GIO Workers Compensation customers have access to training courses designed to equip participants with the knowledge and practical skills to optimise successful recovery at work outcomes.

These courses are facilitated by our trusted rehabilitation partners and delivered online via MS Teams.

Courses

Mental Health First Aid

This webinar explores the supportive workplace factors which positively impact mental health. Delivered by [IPAR](#).

Register [here](#)

Supporting Staff with Mental Injury (Return to Work)

This webinar provides participants with practical strategies to best support staff experiencing mental injury, covering both early intervention (before a claim is made) and post-claim phases. Delivered by [IPAR](#).

Register [here](#)

Understanding Rehabilitation and Early Intervention

This webinar highlights the value of early engagement and the role of rehabilitation providers in supporting recovery and a successful return to work. Delivered by [IPAR](#).

Register [here](#)

Building Resilience in the Workplace

This interactive webinar provides practical strategies to reduce psychological risk and strengthen resilience through stress management, goal setting, and leadership support. Delivered by [Beneco](#).

Register [here](#)

Conflict Resolution

Workplace conflict can cause distress and disrupt team dynamics. This webinar provides practical tools to help participants navigate and resolve conflict with empathy and confidence.

Topics include: communication styles, negotiation, emotion regulation, and strategies to foster collaboration and trust. Delivered by [Beneco](#).

Register [here](#)

Workplace Wellbeing

This interactive webinar explores practical strategies to foster psychological wellbeing across the workplace to support individual and team wellbeing. Delivered by [Beneco](#).

Register [here](#)

Managing Mental Health Whilst Managing Performance

This webinar offers practical guidance for handling performance conversations with care and confidence. Delivered by [Rehab Services](#).

Register [here](#)

Managing Psychosocial Risks in the Workplace

This workshop explores how psychosocial hazards affect wellbeing. Learn practical strategies to identify risks and apply effective controls for a healthier workplace. Delivered by [PSB Solutions](#).

Register [here](#)

Understanding and Preventing Secondary Psychological Injuries

This webinar delivers a practical understanding of psychological injuries, how they can occur and what can be done to prevent these from occurring in the first instance. Delivered by [Work Rehab](#).

Register [here](#)

Safety Training Partnerships

Through our partnership with the National Safety Council of Australia Foundation, GIO Workers Compensation customers also receive a 15% discount off all courses offered by Fire and Safety Australia during 2025. View the [full list of courses](#) and use the code GIONSCA2025 at time of booking.

Fire and Safety Australia is a Registered Training Organisation delivering workplace safety and emergency response training Australia wide from urban centres to remote islands.

The Opus Centre delivers evidence-based services that support the creation of psychologically healthy and safe workplaces. View [The Opus Centre](#) training and use the code GIONSCA2025 when making the booking to receive 15% off training courses.

Dog Safe Workplace provides essential training for staff attending home visits, ensuring they feel confident and safe when entering premises where dogs are present. View [Dog Safe Workplace](#) training and use the code GIONSCA2025 when making the booking to receive 15% off training courses.

Contact Us

For further information, please email us at GIOemployertraining@gio.com.au. Course dates are subject to change and on occasion courses may be cancelled. A waitlist option is available on our event registration portal.

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