


## Staying Safe Under Pressure



As growing environmental pressures drive an increase in anxiety and uncertainty, we are seeing an alarming rise in challenging and inappropriate behaviour directed towards our people in the workplace. This raises an important question: how are we supporting our staff to remain resilient and practise effective self-care, while ensuring their physical and psychological safety at work?

This plenary offers practical strategies to manage challenging behaviours, build resilience, and promote a culture of safety. It also highlights the role of self-care in helping individuals to maintain their own well-being, so they are better equipped to support their colleagues and contribute to safe and thriving workplaces.

### PLENARY SPEAKERS



**Amy Richards**  
Yarra Valley Water



**Brett Webb**  
Converge International

### PLENARY SESSION

9am - 9:45am - Zoom webinar

### SIG MEETINGS

10am onwards - Teams meetings

Open to all Victorian water corporation employees.

SIG agendas are available on the [IWA website](#) and through Eventbrite once registered.

Any queries regarding a SIG, please contact the relevant [SIG convenor](#). [General enquiries](#)