Total Duration: 4 hours (1 x 4-hour or 2 x 2-hour sessions).

Facilitator: Degree/graduate diploma qualified, registered, insured counsellors, psychologists.

Overview: Designed to build emotional intelligence, awareness and workplace resilience by helping participants distinguish between their own emotional triggers and external workplace behaviours, such as gaslighting or unfair treatment. Across two engaging, interactive sessions, participants gain practical skills to regulate emotions, respond effectively to conflict, strengthen workplace relationships, and build workplace confidence. It's fully mapped to IEA, Workforce Australia, and TTW outcomes, meaning it directly supports your KPIs. Best of all, it's a zero-lift delivery; we handle all facilitation, resources, and reporting.

Format: Group session, 8+ participants, available face to face with facilitated conversations and a course book with assessments, and activities.

Part 1: Gaslighting or Trigger? Knowing the Difference
Part 2: From Reaction to Regulation

Learning Outcomes:

- Understand what gaslighting is (and what it isn't)
- Learn how past experiences and ego defense affect reactions
- Identify emotional triggers and signs of defensive behaviour
- Learn to emotionally regulate and set boundaries during tough conversations
- Understand what healthy assertiveness looks like
- Practice clear, calm, and confident communication
- Increase self-efficacy in group or employer settings

COMPLIMENTARY
Customised Interactive Therapy Resources
Interactive Workbook (Value $60)
Recommended Resources

For a quote please contact info@activtherapycollective.com.au