

MORAL INJURY IN THE WORKPLACE

Training course



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NETWORKS



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DEVELOPMENT
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Do you ever feel caught between what you believe is right and what you are able to do at work? Moral injury can develop when there is a gap between what you believe should happen what you are actually able to do.

It can happen when workplace's decisions, policies or difficult situations conflict with your own values. Over time, this can develop into frustration, guilt, anger, or helplessness. Sometimes those feelings can stay with you long after the situation has passed. It can be difficult to simply leave these experiences behind at the end of the day.

Within this Managing and Understanding Moral Injury training course, participants will explore what moral injury is and why it can happen. The workshop will look at ways to manage the emotional impact and recognise what can be controlled. Furthermore, participants will discover tools to respond more constructively when difficult situations arise.

KEY COURSE CONTENT

- Understand what moral injury is and how it can develop
- Recognise situations where personal and workplace values conflict
- Identify the emotional impact of difficult decisions and experiences
- Understand the difference between moral injury, stress and burnout
- Recognise what is within your control and what is not
- Challenge unhelpful thinking after difficult situations
- Practice the art of unlearning
- Speak up constructively when something does not feel right
- Discover practical strategies to protect wellbeing over time

NUTS AND BOLTS



Target

Audience

Leaders, managers, team leaders, and employees



Duration

Available as a full-day or half-day course



Delivery

Available in-person at your organisation/venue, or virtual



Group Size

Recommended 4 to 10 participants



Resources

Participants receive a certificate of completion & a free follow-up refresher course with the original trainer

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