

R U OK?® at Work

CONVERSATIONS IN PRACTICE

DURATION

2 hours

FORMAT

Face-to-face, in person

STYLE

Workshop & practical scenarios

A practical, conversation-based session that builds the confidence to notice when a colleague is struggling and how to start a conversation that could change a life.

ABOUT THE PROGRAM

The two-hour, face-to-face workshop is designed to strengthen workplace peer support by helping participants recognise when a colleague may be struggling and develop greater confidence in having an R U OK? Conversation.

Built around realistic workplace scenarios and interactive activities, participants practise using the 4 Steps of an R U OK? Conversation: Ask R U OK?, Listen, Encourage Action and Check In.

This is not a clinical or skills-based certification course; it focuses on building participant confidence in a supported learning environment to strengthen their ability to provide informal peer support at work.

THE SKILLS PARTICIPANTS WILL LEARN

01

Ask R U OK?

Participants will learn when and how to ask R U OK? in a way that feels natural and encourages a genuine conversation.

02

Listen

Learn how to listen without judgement and create a safe space for someone to share how they feel.

03

Encourage action

Learn how to help someone better manage their situation, help them find further support and respond if they say they're not OK.

04

Check in

Explore ways to regularly check in and stay connected after your first R U OK? Conversation.

THE WORKSHOP WILL COVER THE FOLLOWING:

- ✓ About R U OK?
- ✓ How to prepare for an R U OK? Conversation
- ✓ The 4 Steps of an R U OK? Conversation
- ✓ Conversation practice scenarios
- ✓ Ask R U OK? Any Day – how to keep the conversation going



AN IMPORTANT BOUNDARY

This session does not qualify participants to provide formal counselling services. The training course teaches skills for informal peer support — not clinical care. All scenarios used are realistic but entirely fictional.

WHO IT'S FOR

A team or workplace looking to build a culture where people feel connected, supported and empowered to have R U OK? Conversations. No prior training or background in mental health is required — just a willingness to look out for colleagues.

Delivered by



St John