Sleeping well is a key component to optimal performance and health – if you want to be at the top of your game, you need to ensure you get the best sleep possible.

Learn how to integrate appropriate tools to enhance the identification of fatigue risks and to deliver increased effectiveness at work.

Accidents don’t often happen within effective teams, which makes sense; effective teams don’t often happen by accident. Enhanced management of fatigue and sleep is critical for any business that wants to develop high performing teams.

How are you sleeping?

A lack of sleep and resulting workplace fatigue play a serious role in workplace safety incidents. Although Fatigue Risk Management (FRM) is now better understood across industries, sleep-loss and fatigue continue to lead to decreased performance, increased errors, and physical and mental health issues among employees.

But did you know relatively small enhancements to your sleep and FRM processes have the capacity to deliver substantial improvements for your organisation?

Implementing excellence in FRM processes will help your team’s productivity and contribute to your delivering on business objectives. Most importantly, it will also lead to long-term health and wellbeing for your staff.

Get the hours you need...

Many organisations either struggle to implement effective FRM strategies or reach a plateau after early success.

If you and/or your organisation are ready to reap the rewards of enhanced sleep, and implement excellent FRM processes, our two-day masterclass gives you the hours you need to succeed.

With extensive experience in applied sleep and FRM interventions for high performance teams, our team are unrivalled experts in risk-based sleep and FRM strategy. We’ve worked with military fighter combat instructors, submarine crews, race car driving teams and Matt Hall Racing in the Global Red Bull Air Race.

What you’ll wake up to:

Over two days you will gain hands-on experience in the following key areas:

+ **Learn the best sleep and FRM support tools.** Fatigue-modelling and sleep assessment tools give you the knowledge to implement effective FRM strategies at work. Because we do not have commercial links to fatigue product providers, we guarantee frank insights into the practicalities of fatigue tools and whether they will fit you and/or your organisation.

+ **Effectively manage change.** Managing sleep and fatigue in the workplace often requires changing norms. We show you how to effectively manage change for individuals and teams in order to achieve successful FRM processes. You will learn how to influence key personnel to integrate sustainable FRM practices, and to pace your strategy effectively.

+ **Integrate cutting-edge fatigue science into your programs.** Our team have done the hard work to select the relevant sleep and fatigue science from the academic world, and applied it in the real world. We share the solid science behind fatigue management through meaningful and practical examples.

+ **Experiential learning through case studies.** We believe you only truly learn through doing. You will be guided through a number of scenarios from our team’s real-world FRM experiences and develop your own strategies based on what you’ve learned. With helpful feedback, you’ll learn how to integrate and apply tools and processes within your organisation. You’ll also learn helpful skills to apply at home after hours.

+ **Sleep and FRM Safety Assurance.** Excellent FRM processes are backed up by quality mechanisms to monitor and assess sleep and FRM programs. We’ll show you how to dramatically increase conversations and oversight of FRM at work, in order to effectively manage your program.

+ **Fatigue Risk Management Systems (FRMS).** We give you the opportunity to discuss, review and achieve customised solutions to support implementation of FRMS at your workplace. Our team will lead discussion through work health and safety legislation, and review your existing policies and procedures.

+ **Personalised Additional Resources.** We are ready to tailor further support material for your needs in your workplace.
Your training team:

Dr Carmel Harrington
Internationally recognised author of The Sleep Diet and The Complete Guide to a Good Night’s Sleep, Carmel has been working in sleep research for over 20 years. PhD qualified and currently an Honorary Research Fellow at the Children’s Hospital Westmead, Carmel is a highly sought-after consultant on sleep health strategies worldwide. Carmel’s practical interventions have allowed individuals to enhance the quality of their sleep, achieve career goals, and improve their lives.

Mr Ben Cook
Ben is a systems safety and human factors (HF) specialist with over 20 years’ experience in transport safety. A former military flying instructor, Ben served as the Australian member and Asia-Pacific facilitator for the International Civil Aviation Organization (ICAO) Fatigue Risk Management Systems (FRMS) Task Force. A leader in safety and risk strategies, Ben supported the development of international safety standards now used in global aviation. He is one of Australia’s most senior FRMS specialists, and develops pragmatic FRM processes to enhance high performance teams across industries.

Mr Ryan Cooper
Ryan is a registered psychologist and human factors specialist with formal qualifications in psychology, accident investigation, and human factors. Ryan specialises in human capability development at individual, group and system levels. He has integrated stress and fatigue management practices within safety management systems across industries. Ryan specialises in tools to assess organisational safety climate, and delivers behaviour-based interventions to enhance organisational assurance and human performance outcomes in high risk environments.

Course information

<table>
<thead>
<tr>
<th>City</th>
<th>Venue</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canberra</td>
<td>Mecure Hotel</td>
<td>11-12 April 2016</td>
<td></td>
</tr>
<tr>
<td>Melbourne</td>
<td>Vibe Savoy</td>
<td>14-15 April 2016</td>
<td>$1,950.00*</td>
</tr>
<tr>
<td>Sydney</td>
<td>Mecure Hotel</td>
<td>20-21 April 2016</td>
<td></td>
</tr>
</tbody>
</table>

* Group discounts available. For further information or to reserve a position on the course please email ben@hse3.com.au or call +61 403 536 552.

www.hse3.com.au