

## Early intervention and support for people who experience workplace bullying

### Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

#### Your details

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Your name:

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Date completed:

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Activity Name: Early intervention and support for people who experience workplace bullying

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Learning outcomes

- define what is meant by workplace bullying and harassment and understand the legal context including how to report, where to notify and how to access information on bullying and harassment
- implement best practice and strategies to improve successful early intervention to better support people experiencing bullying in the workplace
- identify challenges, tips and strategies in providing a collaborative response to supporting social and emotional well-being of people experiencing bullying in the workplace.

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Time spent engaged in the activity:

(including completing this form)

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#### After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.