

BSBPEF201 Support personal wellbeing in the workplace

Assignment

Complete the following tasks

Task 1

Create a report including one formal and one informal wellbeing resource, including the following for each:

- Name of the resource
- How are they beneficial to the workplace
- How can you communicate the availability of this resource to staff

Task 2

Scenario: You are experiencing bullying in the workplace.

Discuss how you would communicate your situation and issues with your supervisor.

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- develop a plan for communication with supervisor
- identify and access one formal and one informal wellbeing resource.

In the course of the above, the candidate must:

- develop a plan to communicate with supervisor, including:
- factors that may impact on own wellbeing, both positively and negatively
- appropriate style of communication
- appropriate method of communication
- strategy to deal with negative response.

Submit Documents via email to admin@globalfitness.edu.au

Submit Video Assessment to :

<https://drive.google.com/drive/folders/1Ckdcmiqq1XkVBIgGMacQEIx0Lxb7BNPE?usp=sharing>