



SEMINAR CALENDAR

# DXC CLAIMS MANAGEMENT SERVICES

JANUARY 2026 – JUNE 2026



Delivered by Workplace Interventions

# WORKERS COMPENSATION

## Introduction to workers' compensation

**29th January 2026, 9.00am –12.30pm (online)**

Designed to provide participants with an overview of the WIRC ACT 2013, this course will equip participants with the "must know" of The Act, roles and responsibilities of key return to work stakeholders, liability for workers' compensation claims, claims settlement options and a review of rights and obligations of both the worker and the employer.

Claim liability and calculating workers compensation entitlements activities will be included in this program.

**Click here to register:** [Register-introduction-to-workers-compensation](#)

**Pricing:**

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Empowering Leaders through Psychosocial Health & Safety Training

**10th February 2026, 9.00am –12.30pm (online)**

In today's evolving landscape of workplace wellbeing, it is increasingly an employer's responsibility to equip leaders with the essential skills to identify and manage psychosocial risks. This comprehensive course meets that need by providing leaders with the knowledge and practical tools to skillfully assess and manage psychosocial risks within their teams and organisation.

Through engaging sessions and real-world case studies, participants gain a deep understanding of psychosocial hazards, their impacts, and how to implement early interventions using practical workplace controls and reasonable adjustments.

**Click here to register:** [Register-empowering-leaders-through-psychological-training](#)

**Pricing:**

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Return to Work for Managers & Supervisors

**3rd March 2026, 9.00am –12.30pm (online)**

Managers and supervisors will learn about the importance of being involved in the return-to-work process, being proactive when a workplace injury occurs, identifying suitable duties, and supporting and monitoring worker progress.

Managers and supervisors will also learn how to develop and document a graduated return to work plan over a set period and monitor progress. This session will incorporate a case study where managers will work through the return-to-work process and complete a return-to-work plan.

**Click here to register:** [Register-return-to-work-for-managers-supervisors](#)

**Pricing:**

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Understanding workers compensation Premium, PIAWE, SCES and CWEs

**26th March 2026, 9.00am –12.30pm (online)**

This session provides a comprehensive understanding of how workers' compensation premium is calculated and focuses on employer premium legislative requirements. The second part of the seminar provides an overview of pre-injury average weekly earnings (PIAWE) and its calculation.

**Click here to register:** [Register-understanding-workers-compensation-premium-piawe-sces-and-cwes](#)

**Pricing:**

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

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# WORKERS COMPENSATION

## How to develop a RTW plan for mental health injury

**8th April 2026, 9.00am –12.30pm (online)**

This program offers participants the opportunity to learn practical to work aids, supports and modifications, understanding that return-to-work plans for psychological injuries are often more complex, capturing an employer's guide of how to develop a clear, accurate and current return to work plan best to achieve a successful and sustainable return to work.

**Click here to register:** [Register-how-to-develop-a-rtw-plan-for-mental-health-injury](#)

### Pricing:

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Managing Psychological Injury Claims

**28th April 2026, 9.00am –12.30pm (online)**

Psychological injury equates to approximately 11% of claims and accounts for over 30% of claims cost. Returning to work after a psychological injury is slower, and statistically, workers are less likely to return to work than with a physical injury.

This course explores the process of employer claim lodgment and the claim liability process of psychological injury claims. Participants are introduced to strategies, resources and improved ways for responding promptly to a psychological injury.

**Click here to register:** [Register-managing-psychological-injury-claims](#)

### Pricing:

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Managing Occupational Violence and Aggression (OVA)

**14th May 2026, 9am – 12.30pm (online)**

Our Occupational Violence and Aggression (OVA) Training Program provides participants with practical skills to confidently manage incidents in workplace settings. Covering early warning signs, thorough risk assessment, and effective de-escalation techniques, the program also includes essential incident response training focused on personal safety, clear communication, and post-incident support.

This program is designed to empower participants with proactive strategies to foster a secure and respectful work environment. By developing these critical skills, you contribute to a safer workplace culture and enhanced readiness in managing challenging situations.

**Click here to register:** [Register-managing-occupational-violence-and-aggression-ova](#)

### Pricing:

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

## Mental Health Essentials for People

**16th June 2026, 9.00am – 12.30pm (online)**

This prevention-focused and performance-aligned program empowers leaders to create psychologically safe, high-performing workplaces where people can thrive both mentally and professionally. It develops leaders' confidence and capability to recognise and respond to early signs of mental health concerns, engage in empathetic and lawful conversations, and provide appropriate workplace support such as reasonable adjustments and referrals for professional help. The course strengthens mental health literacy, reduces stigma, and ensures leaders can navigate complex issues—such as performance management, privacy, and confidentiality—with confidence.

**Click here to register:** [Register-mental-health-essentials-for-people](#)

### Pricing:

DXC Customers: \$10pp | Non-DXC Customers - \$200pp (prices include GST)

Delivered by Workplace Interventions

# WORKPLACE INTERVENTION COURSES

## Two-day WorkSafe endorsed return to work coordinator training

Following the principles of effective injury management, RTW Coordinators will be equipped with the tools to effectively meet the return-to-work obligations under the WIRC Act 2013, including the steps required to facilitate a safe and sustainable return to work. This comprehensive course is also helpful for those managing non-work-related injuries.

A WorkSafe endorsed certificate is issued upon completion.

Topics include:

- Prepare for return to work
- Role of a Return-to-Work Coordinator
- Return an injured worker to work
- Plan for return to work
- Employer assistance
- Worker support and worker obligations
- Communication with Treating Practitioners and Occupational Rehabilitation Providers.

This course is offered face-to-face (9:00am –4:30pm) or entirely online.

Online with a combination of Zoom and webinars OR Two days face-to-face

**Pricing:** \$525 pp (plus GST) online / \$599 pp (plus GST) face-to-face

**Frequency:** Monthly

[Book Return to Work Coordinator – Workplace Interventions](#)

## Accredited Mental Health First Aid

This program is offered via:

- Face to face: 2-days face to face (in class) training session,
- Entirely online consisting of self-paced eLearning (4-7 hours) followed by 2 x 2.5 hour 'online' facilitator-led sessions,
- Blended consisting of self-paced eLearning (4-7 hours) followed by a five-hour face to face training session.

This accredited program helps employers and individuals implement a best practice early intervention approach for those experiencing poor mental health.

Participants will learn how to recognize the symptoms of different illnesses and assess for mental health crises, equipping participants to provide immediate assistance.

Those trained as accredited MHF Aiders can be appointed as Mental Health First Aid Officers in the workplace. 3-year accreditation.

**Format:** Online with a combination of 2x 2.5-hour Zoom session and eLearning OR Face-to-face

**Pricing:** \$369 pp (plus GST) eLearning package / \$499 pp (plus GST) face-to-face

**Frequency:** Weekly online and face-to-face monthly

[Book Accredited Mental Health First Aid – Workplace Interventions](#)

Delivered by leading industry providers

# WORKERS COMPENSATION

## How to deal with Challenging Emotions

**4th February 2026, 9.30am-10.30am (online)**

Join **BODYCARE**, Mental Health Specialist Lisa Mcleod in partnership with DXC to deliver this interactive workshop based on the following:

- How our brain's organising principle impacts our threat response.
- The impact our emotions have on our behaviour, and how we can learn to put a lid on being in reactive mode.
- Effective language techniques to defuse a tense situation.
- How to effectively use feedback that acknowledges contribution.

**Click here to register:** [Register-how-to-deal-with-challenging-emotions](#)

**Free for DXC and non-DXC customers**

## Motivating Change with Injured Workers

**12th March 2026, 9.30am-10.30am (online)**

Join **AP Psychology**, Registered Psychologist Claire Vrieze in partnership with DXC to deliver this interactive workshop based on the following:

- Understanding evidence behind Motivational Interactions and how it supports sustainable change.
- Overview of the Transtheoretical Model of Behaviour Change and MI's core philosophy.
- Common pitfalls that unintentionally create barriers to change.
- How to apply the MI process using core communication skills (OARS)
- Strategies for navigating challenging conversations with injured workers and stakeholders

**Click here to register:** [Register-motivating-change-with-injured-workers](#)

**Free for DXC and non-DXC customers**

## Capacity Profiling

**2nd April 2026, 9.30am-10.30am (online)**

Join **PACE Health Management**, Accredited Exercise Physiologist & Occupational Health Specialist Ben Southam in partnership with DXC to deliver this interactive workshop.

Capacity profiling is a crucial component of injury prevention and return-to-work plans; however, the varying standards of assessment, reporting, and information received can often be confusing and unhelpful. This workshop will delve into the intricacies of pre-employment screenings, fitness for duties assessments, Independent Medical Examinations and Functional Capacity Evaluations.

**Click here to register:** [Register-capacity-profiling](#)

**Free for DXC and non-DXC customers**

## Manual Handling Workshop

**2nd June 2026, 9.30am-10.30am (online)**

Join **PACE Health Management**, Accredited Exercise Physiologist & Occupational Health Specialist Ben Southam in partnership with DXC to deliver this interactive workshop.

Manual handling injuries remains the leading cause of work-related injuries, accounting for nearly one third of all serious claims. This workshop will delve into the current research on correct Manual Handling principles, while also providing an insight into other proactive interventions workplaces can adopt to assist their employees reduce injury risk.

**Click here to register:** [Register-manual-handling-workshop](#)

**Free for DXC and non-DXC customers**

Foremind workshop hosted by DXC | Facilitated by Louise Thompson, Director, Foremind

# IMPLEMENTING YOUR PSYCHOSOCIAL HEALTH AND SAFETY STRATEGY

**17th February 2026**

Join DXC & Foremind for a free interactive workshop designed to help you rollout your Victorian Psychosocial Health & Safety Regulations in December 2026.

In this session, you'll gain practical insight into setting up a strategy to manage your responsibilities under the new psychosocial health and safety regulations moving forward. We'll guide you through steps to proactively identify hazards, use existing data to map organisational level risks and enact change.

This workshop is ideal for safety professionals, HR leaders and organisational managers with responsibilities in psychosocial health and safety.

**Key takeaways include:**

- Using a systemic approach to identify workplace psychosocial hazards at an individual level
- Practical methods to analyse organisational trends
- Building collaboration and shared understanding across teams
- Creating a shared framework for understanding
- Prioritising psychosocial risk mitigation steps

**The Foremind workshop will be held at DXC Level 19, Colins Street, Melbourne.**

**Click here to register:** [Register-implementing-your-psychosocial-health-safety-training](#)

BodyGuide workshop hosted by DXC | Facilitated by Matthew Green, BodyGuide founder and author of 'I'm sick of being sore'

# IMPLEMENTING YOUR PSYCHOSOCIAL HEALTH AND SAFETY STRATEGY

**19th March 2026**

What does a modern approach to injury prevention look like, now that manual handling training has been shown to be ineffective? How can we start to address the problem holistically, considering culture, stigma and psychosocial risk factors?

Join us as we tackle an old problem with fresh eyes, connecting the dots between prevention, early intervention and return to work.

**Through discussion, reflection and hands-on activities, you will explore:**

- The connection between pain, mental health & psychosocial risk
- Research & case study reviews for manual handling
- 'Soldier on industries' - culture & stigma in high physical risk industries such as aged care, health services, manufacturing & construction.
- Developing synergy between prevention, early intervention and RTW initiatives
- The business case for prevention.

By the end of this session, you'll have a best-in-class foundation for supporting workers who are navigating physical roles. More broadly, you'll hone your skills when it comes to getting organisation buy-in for investments in prevention.

**The BodyGuide workshop will be held at DXC Level 19, Colins Street, Melbourne.**

**Click here to register:** [Register-implementing-your-psychosocial-health-safety-training](#)

Zest Learning workshop hosted by DXC | Facilitated by Robert Hart, MSc (hons) MAITD

# ENGAGING EMOTIONAL AGILITY & MENTAL FITNESS

**17th April 2026**

Gain a science-based understanding of emotional agility and mental fitness in this interactive workshop designed for leaders and teams. Learn how to manage emotions, regulate stress, maintain focus and sustain mental clarity — all of which are crucial for performance and wellbeing in today's unpredictable and fast-moving environment.

This highly engaging and interactive session explores the science behind our mental and emotional states — from the brain-body connection to the factors that drain or restore our focus, motivation, and courage. Participants will learn practical, evidence-based tools used by top performers in sport, the military, and other high-pressure environments to regulate emotions, reduce distraction, and find clarity amid uncertainty — techniques they can readily apply in their daily lives

**Through discussion, reflection, and hands-on activities, you will:**

- Discover how the brain's emotional and cognitive systems influence reactions, decisions, and relationships.
- Learn practical methods to calm the mind, manage anxiety, and refocus attention for optimal performance.
- Develop strategies to maintain mental fitness, prevent burnout, and enhance your capacity for renewal.
- Explore Goldberg's Five Traits model to map your emotional repertoire and understand how personality shapes, purpose and motivation
- Cultivate calm with cognitive renewal techniques to enhance focus, creativity, and energy in daily work.

By the end of this session, you will have a personalised toolkit tailored to your unique needs — enabling sharper focus, greater self-regulation, and emotional steadiness under pressure. These are the hallmarks of a mentally fit, emotionally agile professional.

**The Zest Learning workshop will be held at DXC Level 19, Collins St, Melbourne.**

**Click here to register:** [Register-implementing-your-psychosocial-health-safety-training](#)

DXC Claims Management Services

# IMPORTANT INFORMATION

## Important information

- All training is currently scheduled to be delivered online via Microsoft Teams.
- All our Third-Party Providers webinars our clients will receive an email from DXC with an invitation and registration link to the webinars.

## How to enrol

- If you would like to enrol, you can do so online by clicking on the registration link provided under each training seminar.
- Payments are required at the time of all registrations.
- Maximum 8 tickets per business.
- We are not able to provide invoices for payment of any training seminars.

## Collection statement

- The personal information requested when you enrol is being collected by DXC for the purposes of conducting training.
- The information will be added to our customer database and will primarily be used to provide you with further information about the workers' compensation industry and related services that DXC provides (including further training).

## Cancellation policy

- Seminars that require a registration fee of \$10 are non-refundable.
- If you are not a client of DXC and have paid \$200 to our attend our training seminar, if cancellation is received in writing (via letter or email) more than seven business days prior to the seminar, the payment will be refunded to you.
- Regrettably, if received in writing (via letter or email) less than seven business days prior to the seminar, no refund will be issued.
- DXC has the right to cancel any seminar if the minimum number of registrations is not received.
- DXC will advise registered attendees prior to the seminar and will offer an alternate date or alternate training session where possible.

### MELBOURNE

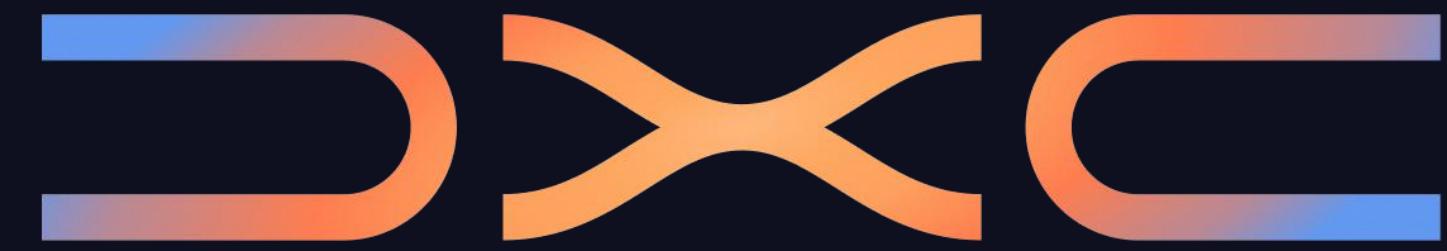
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