



PSYCHOLOGY GROUP

Excellence in Business. Excellence in People.



Helping Businesses Respond to the Economic Impact caused by COVID-19

OPRA Psychology Group is committed to helping all organisations during this time of crisis. OPRA has a team of expert Psychologists and consultants who can assist in delivering focussed and concise support options to help those impacted by the economic challenges.

Career Transition / Outplacement Services	1 - 1 Remote Sessions	This program is designed to assist individuals who have recently lost or are likely to lose their employment due to COVID-19. OPRA provides individualised services to assist the transition process by providing vocational counselling, assessment of individual skills and interests, résumé and job application writing, identification of networks and hidden job markets to help find work, and interview preparation support. Different levels of support are available depending on the individual's role and needs.
Leadership and Management Coaching	1 - 1 Remote Sessions	During times of uncertainty, it is important for leaders to have the support they need to effectively manage their teams, be proactive and agile, while also having a support network of their own. OPRA provides professional coaching for leaders and managers of all levels, to help them identify practical ways to tackle and overcome challenges during times of crisis, and effectively manage their teams.
Healthy Thinking and Building Resilience	Online Group Training	We are living in a time of rapid, continuous change and uncertainty. There is a need to not only recognise and address any personal unhealthy thinking, but to also help minimise this in others. This program is designed to help teams to proactively identify and manage unhelpful emotions such as prolonged stress, frustration, or anxiety, and be resilient in a time where many things are out of our control. Participants will learn simple techniques to understand emotional alarms, improve focus and productivity, build personal resilience, and reduce and prevent conflict.
Effective Remote Teams	Online Group Training	As a result of COVID-19, many organisations have had to rapidly adapt to having their employees work from home. OPRA can help address the implications of this change, understand the impact, and identify different ways to successfully adapt to this working style, supporting effective employee performance.
Mental Health in the [Remote] Workplace	Online Group Training	This session provides supervisors and managers with a concise introduction to the signs of common psychological illnesses as observed within a workplace context. Participants will gain an understanding of signs to look out for, strategies to approach, discuss, and support their staff. Practical guidance for workplaces will be given. In addition, simple, evidenced-based tools will be shared to enhance personal psychological wellbeing and being mentally agile and healthy.
Selection Tools for recruiting Critical Roles	Remote Business Services	OPRA is a world-class distributor of selection tool assessments to support organisations in finding the right people for their roles. As demand for essential roles increase, such as healthcare professionals, aged care workers, pharmacy and supermarket workers, labour hire, etc., OPRA can support your business via: <ul style="list-style-type: none">• Psychometrics – improve prediction of potential job performance• Assessment Centre/Bulk Recruitment – build a talent pool for critical roles• Video Interviewing – cut down on unnecessary face-to-face contact



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