

ESF IMPACT

newsletter

January 2025



VOLUNTEER LEADERS

Safeguarding Mentally Healthy Teams



Volunteer Leaders: Safeguarding Mentally Healthy Teams

ESF is pleased to announce a new initiative being delivered in 2025: Volunteer Leaders: Safeguarding Mentally Healthy Teams. This has been made possible with the support of the Victorian Government.

ESF identified a need to better support volunteer leaders meet obligations for psychological safety.

This new program designed specifically for volunteers has been informed by ESF's popular Leading for Better Mental Health program and is designed to better equip volunteer leaders to lead their teams with a psychological safety lens, improve mental health literacy, whilst building local inter-agency connections.

Three programs will be offered in 2025.

Each program involves two dates and participants are expected to attend both and apply their learning between sessions, reflect and report back on day two.

The program dates and locations are as follows:

- Program A - Mt Macedon - 3 May & 21 June
- Program B - Caribbean Park - 14 June & 9 August
- Program C - Shepparton - 26 July & 6 September

Who is this program for?

This program is for emerging and existing volunteer leaders from any Victorian emergency service agency. It aims to provide them with the knowledge and skills to address the key business issue for every frontline agency of psychosocial safety necessary to sustain the health and wellbeing of its volunteers.

The program will provide participants with the unique benefit of being able to come together to learn and network with people from a range of agencies who share the same leadership challenges. The enormous benefit of such multi agency learning is positive feedback ESF consistently receives.

Participants can expect to:

- Appreciate the power of vulnerability and storytelling in leading people
- Learn how listening builds connection and is an important leadership skill for creating psychological safety
- Realise they can make a difference
- Gain an understanding of psychosocial hazards and psychological safety
- Understand empathy and why it is an important leadership capability
- Get creative ideas for implementing change in their team
- Celebrate each other's successes
- Understand the importance of psychological safety in helping people process difficult events
- Understand the difference between PTSD, burnout, moral injury, anxiety, depression, and grief
- Understand the value of a support crew