



PWWP NEWSLETTER NOVEMBER 2020

Aims

The Perinatal Workplace Wellbeing Program (PWWP) is a pilot program designed to support and make a difference to the mental health and wellbeing of expectant and new parents (perinatal period) in Victorian workplaces.

Through this program we will develop online learning modules and a digital wellbeing screening tool to support all levels of the organisation in optimising the wellbeing of working parents.

Progress

- Industry Engagement & Exploration
- Ready to Cope (RTC) for Fathers
- Development of Resources (including COVID-19)
- Pilot Workshops
- Online Learning modules: development & testing (*underway*)
- iCOPE-W – Workplace Digital Screen (*underway*)
- Evaluation & Reporting

NOW AVAILABLE!

HR SESSIONS
pwwp.org.au/resource/training

READY TO COPE
pwwp.org.au/resource/ready-to-cope

Resource Development

- 8 Resource Sheets—across all stages of parent journey.
- 2 Webinars—supporting employees through COVID-19.
- COVID-19 Q&A relating to new and expectant parents.
- 1 Video—the business case for supporting perinatal mental health in the workplace ([click here](#)).
- Ready to COPE (RTC) Guides for new and expectant parents.



Pilot Workshops Evaluation Highlights

- 7 out of 8 leaders** said they now understand the impact of COVID-19 on new and expectant parents.
- Leaders reported a **51% increase** in their understanding of the risks associated with the perinatal period from a workplace perspective.
- HR reported **40% increase** in understanding of minimal legal obligations.

“
 The session was very informative and the content covered was highly relevant & easily applied in the workplace.”

95%
 of participants would recommend the training to others in their organisation

PILOT PARTNERS



The PWWP is a collaboration between COPE (Centre of Perinatal Excellence) & Transitioning Well



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