



Queensland

IPWEA

INSTITUTE OF PUBLIC WORKS
ENGINEERING AUSTRALASIA

INFORMS. CONNECTS. REPRESENTS. LEADS.

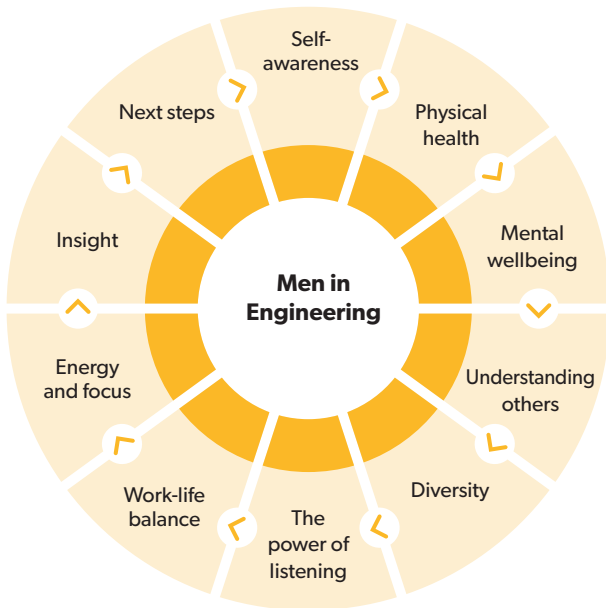


Up to
5 CPD
hours

MEN IN ENGINEERING PATHWAY

The IPWEAQ Learning Hub is a mobile friendly e-learning platform delivering weekly evidence-based, practical and reflection-rich content and activities to enhance your career and general wellbeing.

The Men in Engineering Pathway covers topics cited as being the most impactful in supporting professional and personal longevity.



- Included in your Pathway:**
- ✓ ongoing 1:1 support
 - ✓ regular reminders
 - ✓ communities of practice

WEEK 1 SELF-AWARENESS
 'The thoughts you don't know you have, actually run your life' (Caroline Williams). Discover why self-awareness is important and some simple practices to develop this skill.

WEEK 2 PHYSICAL HEALTH
 Your physical health is the most important foundation to support all other aspects of your life. Implement these practical tips to consolidate incremental and long-lasting improvements to your physical wellbeing.

WEEK 3 MENTAL WELLBEING
 Mental health has been described by the World Health Organisation as having the ability to cope with the normal stresses of life, to work productively and fruitfully, and contribute positively to your community. Use the advice from Beyond Blue to understand your own mental health and how to support those around you.

WEEK 4 UNDERSTANDING OTHERS
 'Seek first to understand and then to be understood' (Habit 5 in Stephen Covey's The 7 Habits of Highly Effective People). Follow this simple A-B-C model to understand why people may behave as they do and how to influence a change in behaviour accordingly.

WEEK 5 DIVERSITY
 There is an increasing appreciation of the value of organisational diversity, but with different messaging around this topic it can be challenging to fully appreciate and implement. Understand it in the context of cognitive diversity for inclusive, dynamic, and innovative organisations.

WEEK 6 THE POWER OF LISTENING
 The most powerful but least taught communication skill is that of listening. Implement this practical model to help improve your listening skills.

WEEK 7 WORK-LIFE BALANCE
 Work-life balance suggests the ability to spend our time equally between work, family, friends, fun, and self. Understand your options with flexible workplace arrangements to create a life that more closely resembles how you'd like to live.

WEEK 8 ENERGY AND FOCUS
 Ideally, we would take on life's daily challenges with positivity, vigour, and full engagement. Become aware of your energy deficits and energy generators to effectively and ultimately sustain your performance at the highest levels.

WEEK 9 INSIGHT
 Insight is one of the most powerful career accelerators. Reflect on how others might see you, how their perception of you can impact your career, and how you can change this perception by managing your intention versus your impact.

WEEK 10 NEXT STEPS
 Recap all that you have learned over the past ten weeks and set final action items to continue your development journey beyond this course.