

Holistic Ergonomics

*The Embodied Mind, Personhood
and Risk*

WORKSHOP: 6,7 AUGUST 2019

WHERE: 10 JENS PLACE KAMBAH, ACT

TIME: 8-4PM DAILY



Enter



THE CENTRE FOR LEADERSHIP
AND LEARNING IN RISK

CONTACT

Dr ROB LONG: rob@humandimensions.com

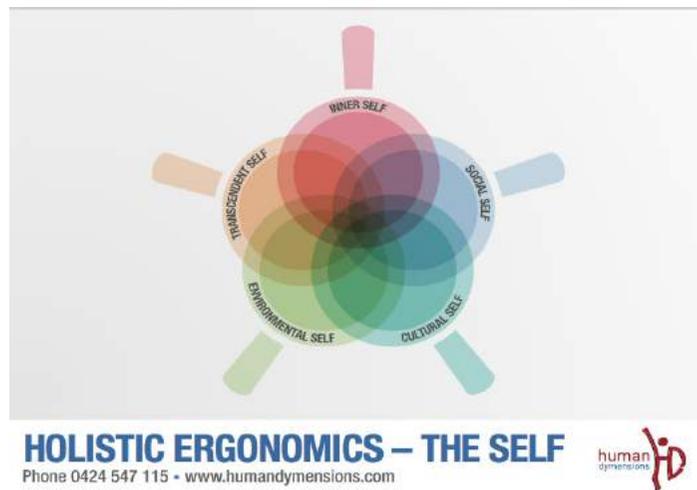


Introduction

This module applies the discipline of Social Psychology of Risk to the nature of work, the ontology of labour and ergonomics. The unit explores ergonomic orthodoxy, human embodiment, personhood and shortcomings in relation to psychosocial and socialpsychological well being in the workplace. The nature of personhood requires a study of body, mind/spirit and environment in relation to the social psychology of labour and as such challenges orthodox models of rehabilitation, resilience and recovery.

Rather than being bogged down in the language of 'stimulus' and 'response', a hang over of behaviourism, we should be thinking in the language of 'resonance'. Our body is the theatre of the emotions and we engage with others in feedback loops through 'somatic markers'. In other words, much of what we do is triggered by other bodies as we resonant with them. None of this requires brain direction.

The implications of human embodiment and understanding decision making is significant. Similarly, decision making is not just a bout the brain but much more about the whole mind (person) in situ. Understanding human judgment and decision making is therefore not just a cognitive or behavioural process but an holistic social enactment.



Content

Topics will include:

- History of ergonomics
- The nature and design of work
- Psychosocial risk
- Socialpsychological risk
- The employer as social partner in risk
- Body wear and tear
- Stressors at work
- Trade-offs and by-products in managing injury and harm
- Mental health at work
- Managing psychosocial and socialpsychological risk
- The recovery, rehabilitation and wellness industry
- Pastoral care, health and healing
- The social construction of illness and mental health
- The nature of embodiment, interaffectivity and intercorporeality
- The brain as a mediating organ
- The nature of consciousness
- Personhood, mind and wholeness
- Strategies for helping, enlivening and support
- The skilled helper

Presenters/Facilitators



Dr Robert Long
Executive Director
Human Dymensions

Rob is an accomplished author, presenter and educator. He is the founder of the discipline of The Social Psychology of Risk and is applies this Body of Knowledge to the risk, safety and security industries. Rob's work and pioneering perspective is highly sought after by organisations that seek to do more than just maintain compliance with systems. The work of Dr Long and Human Dymensions is delivered globally with a new office opened in Linz Austria in 2016. Rob has worked in building and construction, transport and logistics, risk and safety, education and training, community services, public service and corrections sectors. He has published five highly successful books on the social psychology of risk and publishes extensively on the Internet. Rob lives in Canberra and enjoys his spare time with grandchildren.

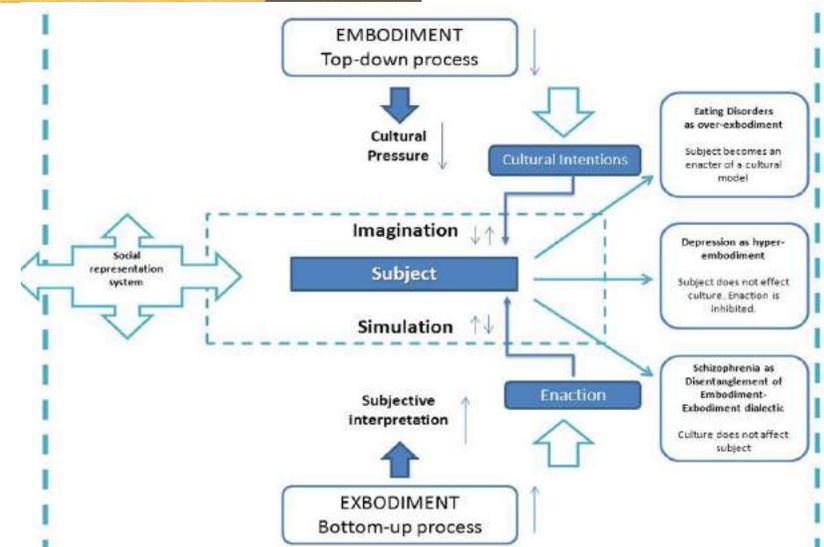
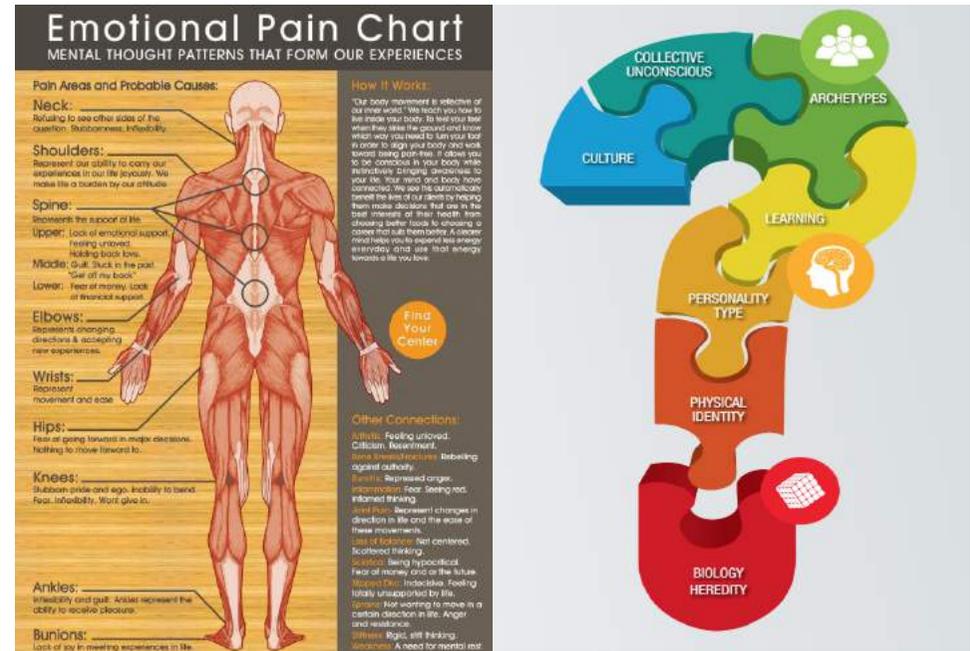


Gabrielle Carlton
Director
Resilyence

Gabrielle is the Director of Resilyence Pty Ltd and specialises in the social psychology of organizational holistic ergonomics. She has extensive experience across mining, construction, energy generation and distribution, government, rail and local councils.

Gabrielle delivers unique training in resilience that advocates a 'social dialectic' in forward movement that is not based on the individualist notion of 'bouncing back'. She supports this program with Culture and Organisational Modelling in Risk (COMIR). COMIR is a diagnostic that helps organisations and groups better manage adversity and risk holistically.

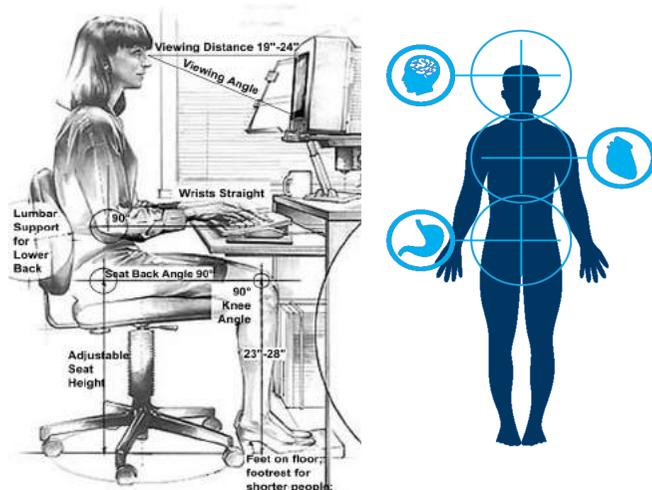
Gabrielle holds a number of qualifications in Psychology, Social Psychology of Risk (Post Grad Diploma), Risk Management, NPL



Expected Outcomes

By the conclusion of the unit participants will:

1. Better understand personhood, embodiment and the application of SPoR to helping others at work.
2. Broaden perspectives on ergonomics and how design in the environment is enmeshed with social meaning, purpose and how humans are embodied.
3. Explore the history of ergonomics, design and the focus on humans as objects.
4. Build a broader, transdisciplinary understanding of well being.
5. Observe workplace stressors and analyse 'somatic markers' in an ontology of labour.
6. Investigate the nature of anxiety and depression and mental health issues at work.
7. Investigate the discourse of work-life balance and the place of helping, pastoral care and empathy in professional practice.
8. Observe how health and illness are socially constructed.
9. Case study trade-offs and by-products in wellness for work.
10. Build an holistic understanding of resilience and the importance of meaning and purpose in work.



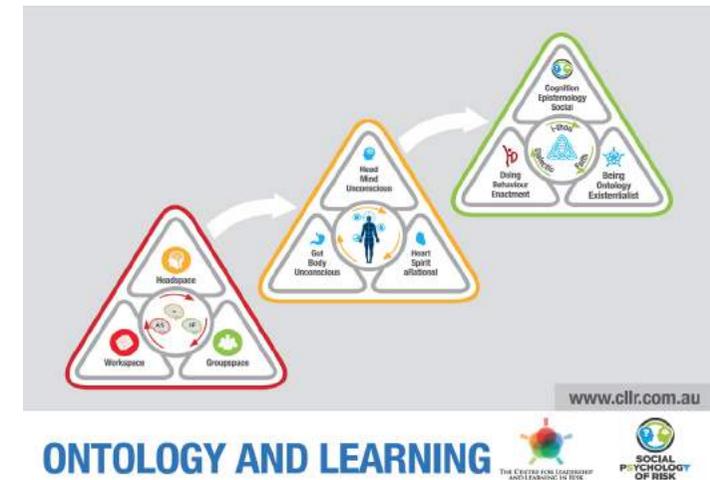
Format

The nature of the program is premised on the importance of discovery in learning. Therefore, the program includes discovery learning in the format and experiential learning strategy of the program. The program has a variety of input including: experiential learning, case studies, interactive activities, lecture, in-class practice, walks, micro-training exercises and reflections.

Deliverables

As part of the Holistic Ergonomics Module participants receive the following tools to assist with the development of resilience and helping skills, these are:

- Holistic Ergonomics Tool
- Dialogue Tool
- 1B3M Tool
- Spatial and Visual Literacy Tool
- Goal State Tool
- Learning Styles Tool
- Personhood Tool
- Resilience Tools

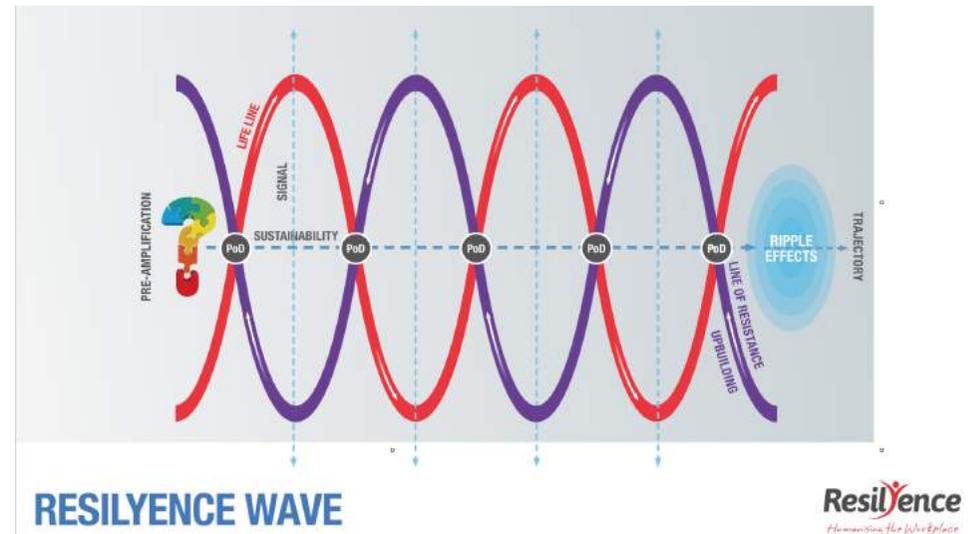


Program Structure

Day 1

Session	Focus/Activity	Outcome/Tool
1	<ul style="list-style-type: none"> Introduction – Looking at the world through the lens of social psychology Review One Brain Three Minds Foundations of embodiment, interaffectivity and intercorporeality 	<ul style="list-style-type: none"> New perspectives on self, worldview and others What is Social Psychology and Psychosocial Perspectives about. Handouts. 1B3M Tool
2	<ul style="list-style-type: none"> What are somatic markers? 	<ul style="list-style-type: none"> Understanding indicators of unconscious meaning
3	<ul style="list-style-type: none"> Resonance, bodily memory and inter-affectivity 	<ul style="list-style-type: none"> Workshop exercises Introduction to Fuchs, Claxton and Radley
Break		
4	<ul style="list-style-type: none"> Orthodox Ergonomics Workplace design Orthodox ideologies of ergonomics 	<ul style="list-style-type: none"> People as objects interacting with objects Ideologies of risk
5	<ul style="list-style-type: none"> The social construction of illness The social construction of mental health Work-life balance and ontologies of helping 	<ul style="list-style-type: none"> Skill development
Break		

Session	Focus/Activity	Outcome/Tool
6	<ul style="list-style-type: none"> What is holistic? Personhood and mind 	<ul style="list-style-type: none"> The social nature of work An ontology of work
7	<ul style="list-style-type: none"> A social understanding of resilience Common ideologies of resilience 	<ul style="list-style-type: none"> Workshop observation exercises Resonance tools
8	Close and review	



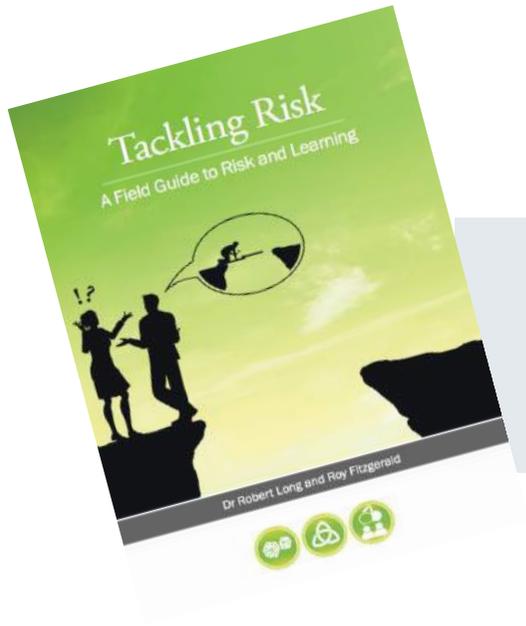
Program Structure

Day 2

Session	Focus/Activity	Outcome
1	<ul style="list-style-type: none"> Workplace visits 	<ul style="list-style-type: none"> Observations, conversations, semiotics and dynamics
2	<ul style="list-style-type: none"> Institute of Sport 	
3	<ul style="list-style-type: none"> Building and Construction Site 	
Break		
4	<ul style="list-style-type: none"> Farming 	
5	<ul style="list-style-type: none"> Return and review 	
6	<ul style="list-style-type: none"> By-products and trade offs in work Paradox and risk at work Social meaning and purpose at work 	<ul style="list-style-type: none"> Journal and graphics review
Break		

Session	Focus/Activity	Outcome
7	<ul style="list-style-type: none"> Wellness - More than a fit bit and fruit Case studies of workplaces Work is more than work 	<ul style="list-style-type: none"> Strategy formation and hidden methods
8	<ul style="list-style-type: none"> The nature of helping Critical skills in pastoral care Constructing social resilience 	
9	Close and Implementation	





Participants will be provided with a copy of *Tackling Risk, A Field Guide to Risk and Learning*

All participants will receive a Certificate from the Centre for Leadership and Learning in Risk for the workshop.



Cost & Bookings

Cost: \$1350.00

BOOK AND PAY HERE