



Foundation for Social Welfare Services
Here for you

S.A.F.E. PROGRAMME

Overview of Topics for Employees



Stress Management (2hrs €80)

- What is stress?
- What stresses you out?
- How stressed are you?
- Types of stress
- Effects of stress
- Coping with stress



Bullying at the Workplace (1.5hrs €60)

- Defining bullying
- Types of bullying
- The bystander effect
- The local situation
- Defining the bully
- Overcoming bullying



Work-Life Integration (1.5hrs €60)

- What is work-life integration?
- The wheel of life
- Time management
- Why is work-life integration important?
- Prioritising your time
- The wall of self-care



Substance Addiction at the Workplace (2hrs €80)

- Defining addiction
- The models and phases of addiction
- The classification of substances
- The Maltese law
- The local context
- The local support services



Gambling & Addiction (1.5hrs €60)

- What is gambling?
- Current situation in Malta
- The positives and negatives of gambling
- The gambling spectrum
- Recognising addiction
- The local support services



The Reality of Cannabis Use in Malta (Complimentary)

- What is cannabis?
- Cannabis use and terms
- The Maltese legislation
- Information about ARUC
- Harm reduction tips
- The local support services



Wise Use of Technology (Offered by BeSmartOnline) (Complimentary)

- S.M.A.R.T. use of technology and how technology affects our everyday life
- Technology and its effects on well-being
- Cyberbullying and problematic content on the internet
- Support services and resources



Terms & Conditions

- Number of participants: Minimum 5; Maximum 25
- Cancellation fee: 3 working days - No fee
1-2 working days - partial fee - €40
Same day of session - full fee of session
- Certificates for attendees and organisation
- Interactive workshops (incl. activities, videos, discussions)
- Delivery by qualified FSWS professionals

