

Growing Through Transition



WORKSHOP OVERVIEW

The Growing Through Transition (GTT) workshops were developed with the intent of providing transitioning officers with accurate information about the transition process, reducing fear from uncertainty, while providing a sense of direction, control, hope and belief for the future.

Workshops are delivered in a safe, supportive, and carefully managed environment.

First piloted in 2022, GTT is now fully established and supported by the NSW Police Force and EML.

What the Workshop Covers:

Session 1: Resilience (10:00 am – 12:00 pm)

- Strategies for transitioning with control and resilience
- Identifying strengths and vulnerabilities
- Setting achievable goals and preparing a Backup Plan

Session 2: Wellbeing Practices (12:30 pm – 2:00 pm)

- Coping with stress and improving wellbeing through exercise, mindfulness, and gratitude

Session 3: Transition Mindset (2:15 pm – 3:00 pm)

- Addressing concerns about identity loss and accessing support services

Benefits/Targets:

- Correcting myths about transition
- Providing hope, belief, and reassurance
- Promoting better choices regarding health and wellbeing

Evidence Base:

- Strategies are informed by business practices and backed by research, endorsed by the Black Dog Institute.

Provider background:

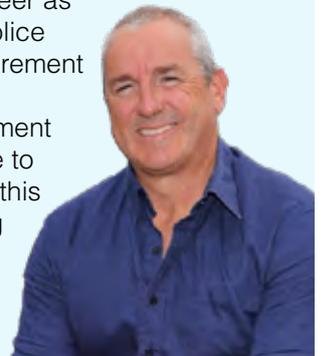
Craig Semple, director of Mentality Plus Pty Limited, aims to:

- Reduce stigma around mental illness
- Increase mental health literacy
- Improve wellbeing and resilience
- Provide hope for recovery

Craig's experience includes 25 years as a Detective Sergeant in the NSW Police Force, mental health advocacy, and training over 2,000 mental health first aiders.

Bio and facilitation credentials:

Craig had a distinguished career as a Detective within the NSW Police Force for 25 years until his retirement in 2013, achieving the rank of Detective Sergeant. His retirement from the Police Force was due to psychological injury. Through this challenging experience, Craig gained valuable personal insight into the difficulties of transition and recovery.



One key barrier to recovery from mental illness or injury is a lack of hope and belief. In *Growing Through Transition*, we address this by showcasing Craig's personal journey of recovery and transition into a new career. Feedback from transitioning police underscores the power of this, evident in programs such as *Understanding your Finances'* webinars, the *More than a Cop'* online program, and numerous GTT workshops delivered.

EMBRACE CHANGE, EMPOWER GROWTH:

Speak to your Career Transition Officer, Recover at Work Advisor/ Specialist or EML Case Manager about registering for the Growing Through Transition Workshop.

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NSW Police Force

