



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Risk Behaviour Management For Psychological Health Strategies Training

Human and Social Studies / General Social Science

Unit Standard 114483 · NQF Level 4 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to identify, assess, and manage risk behaviours that impact psychological health in the workplace. Participants will develop strategies to promote mental wellness, reduce stress, and foster a supportive organisational culture. The training aligns with South African health and safety regulations and psychological health frameworks.

Category	Human and Social Studies
Subfield	General Social Science
Unit Standard	114483
Accreditation	SAQA Accredited · NQF Level 4 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the relationship between risk behaviours and psychological health in the workplace.
- Evaluate the impact of organisational culture on employee psychological well-being.
- Design intervention strategies to mitigate risk behaviours and promote mental health.
- Implement monitoring and support systems to address psychological health risks.
- Demonstrate effective communication techniques for managing stress and conflict.
- Apply relevant legislation and codes of practice to psychological health management.

WHO SHOULD ATTEND

- This course is designed for managers, HR professionals, health and safety officers, and team leaders who are responsible for promoting psychological well-being and managing risk behaviours within their organisations.

COURSE OUTLINE

Day 1: Foundations of Risk Behaviour and Psychological Health

- Introduction to risk behaviour management and psychological health.
- The biopsychosocial model of health and behaviour.
- Common risk behaviours: substance abuse, stress, burnout, and poor coping.
- Protective factors: resilience, social support, and healthy lifestyle.
- Overview of relevant legislation and SAQA unit standards.
- Case study: Identifying risk behaviours in a workplace setting.

Day 2: Assessment and Intervention Strategies

- Risk assessment tools: questionnaires, interviews, and observation.
- Motivational interviewing: principles and practice.
- Cognitive-behavioural strategies for behaviour change.
- Stress management and relaxation techniques.
- Developing a personal risk behaviour intervention plan.
- Role-play: Conducting a risk assessment and feedback session.
- Ethical dilemmas in risk behaviour management.

Day 3: Implementation, Monitoring, and Continuous Improvement

- Programme implementation: stakeholder engagement and communication.
- Monitoring tools: key performance indicators and feedback loops.
- Evaluating intervention outcomes: qualitative and quantitative methods.
- Continuous improvement: adapting strategies based on feedback.
- Building a culture of psychological safety and well-being.
- Developing an action plan for workplace application.
- Final assessment and course wrap-up.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **6 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 13,200.00	R 13,200.00
1	In-House	R 17,200.00	R 17,200.00
1	On-Campus (Pretoria)	R 19,800.00	R 19,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
24 Aug 2026	26 Aug 2026	On-Campus	Harare, Zimbabwe
24 Aug 2026	26 Aug 2026	On-Campus	Abu Dhabi, UAE
25 Aug 2026	27 Aug 2026	On-Campus	Bangkok, Thailand
25 Aug 2026	27 Aug 2026	On-Campus	Durban, South Africa
26 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
26 Aug 2026	28 Aug 2026	On-Campus	Shenzhen, China
31 Aug 2026	02 Sep 2026	On-Campus	Lusaka, Zambia
31 Aug 2026	02 Sep 2026	On-Campus	Bangkok, Thailand

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 114483) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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