



The Right Tool for the Job. Developing Resilience Among Leaders within the Construction and Oil/Gas Industry.

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The presentation will focus on developing resilience among leaders within the Construction and Oil/Gas industry. Current research shows that both construction and the Oil/Gas industry have increased rates of suicide compared to other occupations. Based on my clinical and research experience, I believe we need to provide more resources and support to leaders within these high-risk sectors.

On a worksite, leaders have the potential to facilitate or inhibit help-seeking among workers within the team. However, compared to other roles within the construction and Oil/Gas sector, leaders have higher rates of depression, anxiety, substance abuse, suicidal ideation, and burn-out. They have to deal with difficult clients, manage large teams, and work long hours.

The first part of the presentation will draw on research which has explored help-seeking barriers among leaders within the construction and Oil/Gas sector. This will cover research from my PhD which explored help-seeking behaviour among leaders within the construction industry. This section will identify some of the barriers that leaders experience when accessing support, and the unique stressors that leaders experience on a daily basis.

The second part of the presentation will show how research can be translated into action, through the development and implementation of workshops designed to improve help-seeking among leaders. This section will draw on the work I have been doing with Building Wellness in New Plymouth. Over the past two years I have delivered 15 workshops for leaders within the construction sector, and measured help-seeking behaviour.

The final part of the workshop will include some practical tools for the audience to take back to the workplace. Practical tools will include - How to challenge the 'harden up attitude towards mental health', daily routines to develop resilience, and tools for leaders to manage conflict on the worksite.

Biography:



Andy is a Clinical Psychologist and Consultant for Mental Health within the workplace. He specialises in researching, designing, and implementing mental health workshops within male dominated industries. His PhD explored help-seeking behaviour among 600 construction workers across New Zealand. Current consulting projects include designing and delivering workshops for the Construction Industry, and Oil/Gas sector. Andy also works as a Clinical Psychologist specialising in the delivery of therapy for men within male dominated industries. More recently Andy presented his research findings on

'mental among leaders within construction' at the Construction Working Minds Summit in Kansas City, America.