

‘Thriving at Work: Mental Health and Wellbeing in High-Pressure Environments’

By: Professor Lydia Woodyatt

Friday, 20 June 2025

1:45pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 18 June, via this link: <https://oz.link/rsvpGL20JUN>

**Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

Lecture overview

In today’s fast-paced and demanding work environments, employees are often expected to manage complex responsibilities and deliver high performance: pressures that can negatively affect their mental health if not properly addressed.

Professor Lydia Woodyatt is an academic and researcher affiliated with the Flinders University Institute for Mental Health and Wellbeing. She is also an active member of the Society of Australasian Social Psychologists and the International Society of Justice Researchers. Her research spans diverse contexts—including interpersonal relationships, workplace conflict, debt management, military and veteran experiences, child protection, and community loneliness—examining how psychological needs and social environments shape human responses to failure, transgressions, and moral repair. Her work significantly contributes to our understanding of justice, emotions, motivation, and wellbeing.

A multi-award-winning educator and public speaker, Prof. Woodyatt co-designed Flinders University’s Certificate and Graduate Certificates in Mental Health and Wellbeing (Workplace and Community), as well as the widely acclaimed online course The Psychology of Surviving and Thriving, which supports wellbeing and self-management. She currently serves as the Teaching Program Director for Psychology at Flinders University and has held several leadership roles focused on wellbeing and student retention.

A key to meeting these challenges lies in supporting employees’ fundamental psychological needs: autonomy, competence, and connection. When these needs are not met, individuals may become avoidant, defensive, and disengaged, undermining both wellbeing and productivity.

This lecture will provide participants with practical strategies for understanding and managing human motivation, behaviour, and interpersonal dynamics. By fostering environments that support these core needs, organisations can build resilience, improve emotional wellbeing, and strengthen teamwork. By the end of the session, attendees will be better equipped to cultivate supportive, high-performing workplaces that promote both mental health and motivation.



★ / **Professor Lydia Woodyatt**
Professor of Psychology
Flinders University

