



DEFENCE RESERVES SUPPORT

Supporting Australia's Reservists and their Employers

EMPLOYER ENGAGEMENT ACTIVITIES

Giving employers an insight into Reserve training

What is so special about Reserve training?

ADF Reservists receive some of the best training available.

They are specifically trained to think quickly and decisively in stressful situations. They learn to plan a course of action, take responsibility and act appropriately. They learn about risk management, team dynamics and emergency procedures. First aid, bush-craft, and the use and maintenance of technical equipment are among the general practical skills taught to Reservists.

Reserve training is about self-discipline, personal development and organisational skills — strengths valued by all employers.

What are the Employer Engagement Activities?

The primary Employer Engagement Activities are Employer Challenge Days (ECD), Exercise Executive Stretch (EES) and Exercise Boss Lift.

The aim of these activities is to enhance the availability of Reservists by further developing community and employer awareness and support for the Reserve.

Employers, particularly immediate supervisors of Reservists and HR managers, are encouraged to participate in ECDs, EES and unit visits.

Employer Challenge Days and Exercise Executive Stretch

An ECD is a tailored activity, involving a one-day commitment from the employer. They are normally conducted during the working week.

EES is a challenging and enjoyable activity for employers and potential employers of Reservists and is normally held over a weekend. EES is an extremely popular activity and employers who participate have said it is 'a unique experience not to be missed'.



Participants of Exercise Executive Stretch, undertake an obstacle course to challenge their communication, team building and coordination skills.



Elisha Nicolas (left) and Andrew Whittaker, participants of Exercise Boss Lift, after a capability demonstration.

Exercise Boss Lift

Exercise Boss Lift enables employers of Reservists to learn first-hand about what the Australian Defence Force does on major exercises and operations. Often there is an opportunity for employers to see their employees working in their Reserve role.

In recent years, the Boss Lift activity has seen employers travel to overseas operations and various exercises both in Australia and overseas.

What will I have to do?

A typical program is informative and adventurous — all within a safe and controlled environment. It will combine a range of activities that might include some of the following:

- Leadership, confidence and initiative tests
- Team-building exercises
- Navigation theory and practice
- Bush-craft
- Communications
- Quick decision exercises
- Abseiling and rappelling exercises (challenge by choice)
- Visits to technical training facilities

EES is designed to be fun, stimulating and is geared to developing personal skill rather than physical exertion. Average fitness levels are sufficient. The activities are stimulating and enjoyable.

“The professionalism, co-ordination and enthusiasm of all involved was outstanding. I left Simpson Barracks on Sunday with a greater appreciation and understanding of the Defence Force as a whole, as well as the dedication, hard work and time which is required to be a Reservist.”

Andrew O’Brien,
Key Account Director,
Thomson Legal and Regulatory Ltd

How will this experience benefit me?

The Employer Engagement Activities aim to show you, through your personal involvement, Defence Force training techniques.

Involvement will give you a better understanding of the benefits that employing a Reservist will bring to your organisation.

Who is eligible?

Employers of Defence Reservists and those who may consider employing Reservists in the future.

The only prerequisites are enthusiasm, energy and a desire to take up the challenge.

The activities will cost you nothing. The aim is to encourage you to support your employees who are Defence Reservists.

Sounds good, what happens now?

If you would like to participate, simply contact your local Defence Reserves Support office on **1800 803 485** or visit **www.defencereservessupport.gov.au**