

SELF MANAGEMENT AND RESILIENCE TRAINING

Date: Thursday 24th November

Time: 9.30am – 4pm

Location:

Donkey Wheel House, 673
Bourke St, Melbourne VIC 3000

Cost: \$390 (incl. GST)



Resilience can be developed when we experience challenges, not avoid them. The key is how we understand, respond and 'work through' these challenges.

This workshop is for anybody who would like to learn the principals of self-management and resilience and would like to walk away with a tool kit of strategies they can use in life. Each participant will receive their own personal, Resilience at Work scale that will be explored in detail. Many of us work in organisations and contexts that require high levels of innovation and creativity. How to cope with competing demands and insufficient resources without compromising your values or burning out.

'Self-management', 'resilience', & 'mindfulness' are ways of strengthening our capacity to cope. It can be difficult

to find practical strategies to apply at work, which is what this workshop will provide. This one-day workshop offers participants the opportunity to understand their own responses to demanding workplaces and to develop practical resilience skills within the work context. The workshop will use the 'Resilience at Work Scale' (R@W Scale) – to identify participant's personal approaches and to build their own awareness of the effect of stress on work performance. The workshop will enable participants to develop a range of resilience strategies – for themselves, their teams and colleagues.

The workshop will:

- Present and discuss the principles of resilience and mindfulness for building personal, team and organisational resilience
- Apply and analyse the Resilience at Work (R@W) scale to understand personal resilience at work; personal strengths and weaknesses and build resilience in colleagues and staff
- Develop practical strategies for self-care and self-management in the work context
- Identify tools and techniques for improving team functioning, increasing productivity and achieving outcomes at work
- This workshop will welcome between 10 and 25 participants and is practical and experiential.
- You will be provided a certificate upon completion



Liz Brnjak

Liz is an energetic and dynamic mental health social worker and organisational consultant. Liz holds a leadership and management position with the ACT Group. Liz is process orientated with wide clinical and leadership experience in developing innovative and practical solutions for complex organisational difficulties and helping staff cope with these challenges. Liz has consulted, worked and managed in the human services, education, community and public mental health sectors. Her consulting and leadership experience includes leadership development, change management, systems and process improvement, project coordination and stakeholder management. Liz is interested in organisational morale, innovative work culture and workplace resilience with the application of mindfulness based techniques and neuroscience to achieve high performing teams. Liz has developed a program for organisations in self management and resilience that aims to achieve this. Liz seeks unique advantages within innovative design thinking to achieve the best outcome for organisations and their consumers.

How to register:

Email Nikki Fay
nikkifay.baxter@theactgroup.com.au
or click [Register Online](#) above.

How to pay

Direct Debit
BSB: 083 218 Account: 519 963 647
Please reference your payment as SM&R
To secure your place, please pay by 21st
November.

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