

One day training seminar

PROFESSIONAL RESILIENCE FOR THE WORKPLACE

Work usually holds both satisfaction and challenges for us. With changes in technology, employer expectations, and the usual demands of clients, the challenges are changing and can be great. Knowing how to handle workplace stresses with resilience (the ability to bounce back) makes work much easier and more enjoyable.

This workshop is about providing important tools for workers in demanding jobs. Tried and tested, these tools promote professional and personal resilience.

The following topics will be covered:

- Mindful grounding – enables us to stay present in work situations and with clients, to manage our responses well and to support our own wellbeing
- Time and culture management – how to identify and manage processes that either support or hinder the wellbeing of our clients, ourselves and our peers
- The use of language and non-verbal forms of communication to increase our effectiveness by promoting the outcomes we seek
- Working in teams – sharing in teams, creating effective forms of communication, resolving disputes and promoting cooperative team processes
- Clarifying our professional context – including tasks, roles, values, ethics, and the strengths and limitations of our particular professions

At the end of this seminar participants will have learnt how to:

- Use mindful grounding generally and in crisis situations with clients, both at work and home, to maintain equilibrium, and to release and resolve stress
- Have a clear thinking strategy that will enable you to disentangle the key elements in complex and emotional situations
- Have an understanding of the influence of language on what we do and how to use it effectively
- Create work programmes that support wellbeing and therefore increase general wellbeing and effectiveness as a worker
- Function as an effective team member.



Leaders: **Elizabeth & Ken Mellor**

Based in Australia, Elizabeth and Ken have run workshops and seminars in New Zealand and around the world since the early 1980s. They are internationally known for their down-to-earth, engaging approach, and their capacity to develop and teach practical ways of dealing with complex situations.

Elizabeth is a trained rehabilitation counsellor and critical incident stress management practitioner. Ken is a certified clinical, teaching and supervising member of the International Transactional Analysis Association and a clinical member of the American Group Psychotherapy Association. They continue to develop new ways of understanding and working with people. *(They are not registered psychotherapists in New Zealand).*

Mon 26 June 2017

9.30 am to 4.30 pm

St Andrew's Centre,
30 The Terrace, Wellington

Cost \$145

To register for this seminar or for more information email awaken@paradise.net.nz or phone Nicky Riddiford (04) 973 7431 (after 6 pm).