



TRAINING

PROFESSIONAL RESILIENCE: How to build it & how to maintain it

PRESENTED BY: DR BRONWYN HARMAN

Anglicare WA welcomes Dr Bronwyn Harman in her presentation of Professional Resilience: how to build it & how to maintain it. Bronwyn holds a Doctor of Psychology, which she completed at Edith Cowan University in 2008. She is a Senior Lecturer in Psychology and the Honours Coordinator at Edith Cowan University, and currently teaches research applications and ethical issues, group process and group management, and systems consultation. Bronwyn's research centres on contemporary family issues, child freedom, and play. She has developed and conducted Parenting Pre-Schoolers Workshops, which help parents of young children become expert child-wrangers, and also conducts independent program evaluations and needs assessments. Having worked and consulted extensively with the field of Community Psychology, Bronwyn brings a unique combination of research informed and practice based knowledge of resilience.

Date: Friday, 20 April 2018

Cost: \$135 per person (incl. GST)

Time: 9:00am-12:30pm

Location: East Perth

Course Overview

The workplace is becoming an increasingly stressful environment, and it is important for people to build their own resilience so that they perform more effectively at work while maintaining their own life satisfaction.

This half day interactive workshop will explore:

- Defining resilience
- How stress affects you
- Different types of burnout and how this affects your work
- Protective factors to minimise stress and burnout
- Resilience and self-care
- Strategies for stress reduction and resilience building

Who is this course suitable for?

This workshop is suitable for practitioners, managers, policy makers, advocates, researchers and all others interested in an interactive professional development opportunity on understanding resilience, working effectively, planning for resilience and longevity, preventing burnout and fatigue while maintaining life satisfaction.

By the end of this workshop, participants will:

- Understand how stress affects us
- Explore what burn out really looks like, what forms it takes, and how it affects work performance
- Strategize around protective factors against stress and self-care.

If you wish to attend, please complete a registration form

Bookings essential

9263 2122

or email training@anglicarewa.org.au

  [anglicarewa.org.au/training-services](https://www.facebook.com/anglicarewa.org.au/training-services)

