

Please Note:

Training sessions are free of charge and run for approximately 2 hours. Bookings are essential for all sessions.

Workshop Venue:

Our workshop locations vary for each session. Please ensure that you RSVP. This will enable us to send you a confirmation email including details the training venue one week prior to attending.

Our workshops will commence on

time. If you are late there is a chance you will not be allowed entry, as it can be disruptive to the workshop and other attendees. We appreciate your effort to be on time.

If you are interested in attending training and workshops please RSVP by contacting:

Laura Calderone
Project Co-ordinator
Mental Health and Well-being
Program
South East Volunteers
Phone: 9562 0414
Fax: 9562 0411
Email: L.Calderone@sev.org.au



'strengthening our community'

*Our aim is to link
community service
organisations with
prospective volunteers from
the community, and to
provide quality training
opportunities to ensure a
mutually rewarding
experience for all*



'strengthening our community'



Managers Training Calendar 2015/16

To Book Contact
South East Volunteers
Phone: 9562 0414
Fax: 9562 0411
Email: L.Calderone@sev.org.au

Training Workshops 2015/16

Time: 10.00am—12.00pm

Venue: To Be Confirmed

Master Your Mind: Resilience

Date: Friday February 19th, 2016

Facilitator: Will Shacklock -
Master Your Mind

Brief: This workshop raises awareness of the impacts of stress on the body and mind. Participants learn how to reduce stress quickly, lower their stress levels in the long term, and integrate resilience techniques into working and personal life.

*This training calendar is provided in partnership
with South East Volunteers and South East*

Melbourne Partners in Recovery

As part of the Mental health and Well-being

Program

Vicarious Trauma

Date: Thursday 10th March, 2016

Facilitator: Brad Desmond -
Life Psychology

Brief: Working with clients can potentially involve being exposed to confronting information about people's lives. Ongoing exposure to traumatic material can become a risk to the emotional health of staff- leading to stress and vicarious trauma.

Managers need to recognise the warning signs of stress and vicarious trauma, and know how to respond with confidence. Moreover, organisations can do more in terms of early detection and prevention of vicarious trauma. This workshop will introduce the principles of early detection, and introduce prevention strategies to assist managers to promote a culture of workplace resilience.

Well-being at Work**

Date: Tuesday 5th April, 2016

Facilitator: Brad Desmond -
Life Psychology

Brief: Wellbeing is more than just the absence of illness. Wellbeing is about personal thriving and flourishing. Positive Psychology is an evidence-based approach to building human flourishing. Positive Psychology studies the conditions in which people and organisations flourish to identify strategies for taking people from good- to great. Over the last 15 years this growing field has identified the active ingredients of wellbeing at work to form the PERMA model; Positive emotions, Engagement, Relationships, Meaning and Accomplishment. This workshop presents strategies for building these wellbeing elements to create increased happiness and satisfaction and engagement in the workplace.

**This session will be from 1:00pm—3:00pm