

SELF-CARE IN HEALTH CARE

Stress Reduction and Resilience Training For People Working in Health Care

The *Self-Care in Health Care* workshop provides all health and care workers with an opportunity to learn **context-specific strategies** to better understand, cope with, and reduce workload stress, anxiety and exhaustion.

THURS, NOV 8th
TUES, DEC 4th

INNERVATE is an international training organisation working to enhance personal and professional performance in individuals, teams, and organisations. Innervate researches, designs and delivers seminars, workshops, coaching, resources and on-line courses. To find out more, please visit: www.innervate.co

Self-care in Healthcare is a fantastic workshop - I would highly recommend it. I found this really helpful for work stress and my general mental health - and lots of ideas to use with clients!

Clinical Psychologist, Te Harakeke Child, Adolescent & Family Service, Hawkes Bay DHB.

Invest in Yourself Invest in Your Team

OUTLINE

- Identify the sources, symptoms and psychology of stress- and why it effects people differently.
- Explore the impact of self-beliefs and habits and how they can keep us locked into unhelpful behaviours.
- Realise the power of self-talk to improve reactions, recovery and resilience.
- Workshop practical strategies to reduce symptoms of stress and burnout including: reframing, thought-stoppers, affirmations, visualisation, managing emotions, energy-management, quick relaxers, and mindfulness.
- Establish peer-support to inspire a team culture that prioritises wellbeing.

LOCATION & DATES

- The Green Shed, Ruahapia Rd, Hastings
- Thursday 8th November
- Tuesday 4th December
- Arrive 8.45am. 9.00am - 4.30pm

TIME COMMITMENT

- Short pre-course questionnaire
- One full-day workshop
- Follow-up coaching (optional)

COST

- \$275 (inc gst), per person.
- Morning / Afternoon Tea Provided
BYO Lunch