

SELF-CARE IN HEALTH CARE

Stress-Reduction and Resilience Strategies for Health Professionals Working in the Health Sector

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

**SATURDAY
OCTOBER 27th
2018**

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

A well-staged and organised one-day workshop. Practical real-world solutions to a real-world problem. To be recommended to all. We owe it to the people we care for, to care for ourselves.

Senior Medical Officer, HBDHB

LOCATION & DATES

- The Green Shed, Ruahapia Road, Hastings
- Saturday 27th October
- Arrive 8.45am. 9.00am - 4.30pm

TIME COMMITMENT

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

PRICE

- \$275.00 inc
- Includes comprehensive take-home workbook and morning / afternoon tea.

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, and sometimes aggressive behaviours.
- Realise the power of intentional self-talk to improve reactions, recovery and resilience.
- Workshop practical strategies to reduce stress, anxiety and exhaustion including: reframing, thought-stoppers, affirmations, mental simulation, managing emotions, energy-management, mindfulness and more.
- Establish self-care goals and peer support that prioritises wellbeing and team performance.