



# TRAINING

## Professional Resilience Masterclass: 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 Masterclass: 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, how professionals can build it and how they can maintain it over the life course.

**Date:** 23 February 2018

**Time:** 9:30am - 4:00pm

**Cost:** \$250 per person (incl. GST)

**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 one day interactive masterclass will explore:

- Defining resilience: What the research says
- How stress affects you: A psychological explanation
- 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 concerned with understanding resilience, working effectively planning for resilience and longevity and preventing burnout and fatigue while maintaining life satisfaction. This is a unique interactive masterclass opportunity.

### By the end of this workshop, participants will:

- Understand what the research tells us about resilience.
- Understand a psychological explanation of 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](mailto:training@anglicarewa.org.au)

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

