

# Tricia Hendry Professional Development Workshops

Thursday 15<sup>th</sup> June

## A Workshop Day for Frontline Support Workers

This professional development day will inform, upskill, and support you in your people-facing support role.

### Morning Workshop: 9:00am – 12:00pm

#### TRAUMATIC GRIEF

##### Insights and tools to effectively support families and whānau experiencing traumatic grief after tough life events

We will focus on ways to provide emotional support for all ages, including children and young people, that's relevant and also culturally respectful. This workshop will be very practical and engaging, and you will leave with helpful ideas, resources, and useful notes.

### Afternoon Workshop: 1:00pm – 4:00pm

#### SUSTAINABLE YOU

##### Optimising your own mental health and wellbeing at work

Whatever your role is, this straight-talking, honest workshop will look at practical, everyday ways to ensure you don't burn out or, if you do, how you can get back into balance. It will offer a fresh perspective on self-care by considering realistic ways you can prioritise it *at work* and not just when you get home – so you can be sustainable in your role!

# Tricia Hendry Professional Development Workshops

**Friday 16<sup>th</sup> June**

## **A Workshop Day for Work Leaders and Managers**

This day will provide helpful insights and useful resources to support you to support the others you lead.

### **Morning Workshop: 9:00am – 12:00pm**

#### **BUILDING A POSITIVE TEAM CULTURE**

##### **Leading in ways that strengthens team life and enables people to go home healthy**

We will consider what a mentally healthy team culture looks like and strategies to strengthen your own team's culture and overall wellbeing at work. We will review the costs of a poor culture and some common team challenges. You will leave with fresh approaches, new ideas, and an awareness of how significantly a positive team culture can improve the day-to-day work experience for both your team and you – especially in pressured or uncertain times.

### **Afternoon Workshop: 1:00pm – 4:00pm**

#### **PREVENTING TEAM BURNOUT AND COMPASSION FATIGUE**

##### **Exploring the factors in play, developing targeted and workable strategies, and providing meaningful team support when the stress builds or the compassion fades...**

What are your responsibilities for your team's mental health and wellbeing at work? We will consider the nature of burnout and compassion fatigue, as well as other work stress related conditions. What are the risks and how can you reduce the risks for your team? Ways to shield your team, sense arising issues, and support those in crisis. How to approach sensitive conversations with team members you feel concern for.