

Well beings: A workshop on workplace wellbeing for managers and supervisors

Date: Wednesday 6 June 2018

Time: 9.30am - 4.30pm

Venue: Sheraton on the Park, 161 Elizabeth Street, Sydney

The Network of Alcohol and other Drugs Agencies (NADA) invites members and delegates of the NADA Conference 2018 to attend this free one-day workshop

This interactive workshop will provide managers with the opportunity to reflect on their own practice and their workplace. Participants will learn practical strategies for creating a workplace environment, culture and practices that proactively enhance workforce health, wellbeing and resilience.

About the Workshop

By participating in this workshop, attendees will:

- Understand the difference between stress, burnout, vicarious trauma and secondary traumatic stress.
- Understand employee and employer rights and responsibilities.
- Identify wellbeing risk and protective factors.
- Understand how to use different tools to assess and monitor workplace wellbeing.
- Develop strategies for their workplace to proactively manage workplace wellbeing.
- Develop strategies to proactively manage their own wellbeing and self-care.

Who should attend?

This training is targeted at managers and supervisors and is free and open to NADA members and delegates of the NADA Conference 2018.

About the trainer



Meredith Turnbull has 20 years leadership experience in the community, health and social change sectors of Australia. After holding leadership roles in many national non-government organisations, Meredith shifted focus to coaching and consulting. In 2008 Meredith Turnbull Coaching and Consulting commenced with the aim of strengthening the leadership capacities and resilience of people, groups and their organisations in the social sector. Meredith has a Master of Business Administration, a Postgraduate Certificate in Applied Positive Psychology and a Bachelor of Social Science. Visit www.meredithturnbull.com.au to learn more.

Well beings: A workshop on workplace wellbeing for managers and supervisors

Date: Wednesday 6 June 2018

Time: 9.30am – 4.30pm

Venue: Sheraton on the Park, 161 Elizabeth Street, Sydney

Workshop materials, and lunch, morning and afternoon tea will be provided.

How do I register?

Register [online](#), or complete the registration form below and send to Tata de Jesus tata@nada.org.au

Travel and accommodation support

NADA offer travel and accommodation subsidies as reimbursement grants to rural, regional or remote members. Please review the [travel subsidy guidelines](#), and contact Tata de Jesus at tata@nada.org.au to register your interest.

For more information

For more information about the workshop, contact Tata de Jesus at tata@nada.org.au or call 02 8113 1308.

Registration Form

NB: there is no guarantee that every dietary requirement can be accommodated

- My manager has approved me attending this workshop
- Subscribe me to the *Advocate*, NADA's free eMagazine