

For more information on these workshops and other training offered by Development Solutions RB please visit our website at www.dsrb.org.au or contact us directly email training@dsrb.org.au or **Phone: 0498 135 193**

Fatigue in the Helping Profession

When: **7th February**

Time: 9.30am-4.30pm

Where: Cannington TBC

Cost: \$190.00

This one-day workshop will provide a **framework for understanding the negative symptoms associated with workers exposed to repetitive traumatic stressors**. The workshop comes from a perspective of understanding Compassion and Self Compassion. This workshop is suitable for staff working in all areas of the helping profession.

The Art of Group Facilitation Skills

When: **21st February**

Time: 9.30am-4.30pm

Where: Cannington TBC

Cost: \$190.00

This workshop provides you with foundation skills to plan and run groups for clients in the helping profession. **Skills and strategies for engaging clients, forming group norms and managing difficult and disruptive behaviours will be explored.**

Connecting with Teenagers on the Inside

When: **7th March**

Time: 9.30am-4.30pm

Where: Cannington TBC

Cost: \$190.00

Being a teenager is a testing time for many especially in today's pressured society. **Understanding emotional and behavioural development from the teenager's perspective and the different issues they are experiencing becomes important for professional adults in support roles.** This workshop is suitable for educators, school support staff and the community health professional who work with children in a caring industry.

Preventing Burnout in Teams- For Managers, Team-leaders and Coordinators

When: **21st March**

Time: 9.00am-3.00pm

Where: Cannington TBC

Cost: \$175.00

Due to the type of work within the Human Services Sector workers are particularly **vulnerable to burnout**. This workshop is for Managers, Team-Leaders and Coordinators who manage teams of staff or volunteers. The workshop will look at signs of burnout and supporting the recovery process and implementing strategies to reduce the risk for burnout will be discussed.

Working Alongside Parents

When: **21st March**

Time: 9.30am-4.30pm

Where: Cannington

Cost: \$190.00

When working with children, helpful and supportive parents are encountered, but at times parents struggle to understand the limitations of roles and responsibilities. **Dealing with a parent's concerns can be challenging when these conflicting interests occur.** This workshop covers contracting with both client (child) and parent to establish the parameters of the working relationships.

Bereaved by Suicide and other Complicated Grief Issues

When: **11th April**

Time: 9.30am-4.30pm

Where: Cannington

Cost: \$190.00

A person with complicated grief experiences difficulty resuming their life due to the severity and longevity of their emotions. Clients who are bereaved by suicide are at a high risk of experiencing complicated grief. This workshop will explore **the signs and symptoms of complicated grief and provide the participants with practical skills to engage and work** with clients who are experiencing this type of grief.

Stress Resilience: Self Care an Essential Tool in the Workplace.

When: **2nd May**

Time: 9.00am-1.00pm

Where: Cannington

Cost: \$125.00

When working in Human Services self-care is an essential tool for any worker's Toolkit. **Developing Stress Resilience Strategies and preventing the harmful effects of burnout is a requirement** for any role working within the helping profession especially Community and Health Services and Education. This workshop will discuss the elements of self-care and evaluating self-care strategies. How to effectively use of debriefing and supervision will also be addressed

Connecting with Children (5yrs to 11yrs) on the Inside

When: **9th May**

Time: 9.30am-4.30pm

Where: Cannington

Cost: \$190.00

Children may be exposed to many life issues that impact on their emotional and behavioural wellbeing and development. **Understanding these issues from the child's perspective becomes important for professional adults in support roles.** This workshop is suitable for educators, school support staff and the community health professionals who work with children in a caring industry