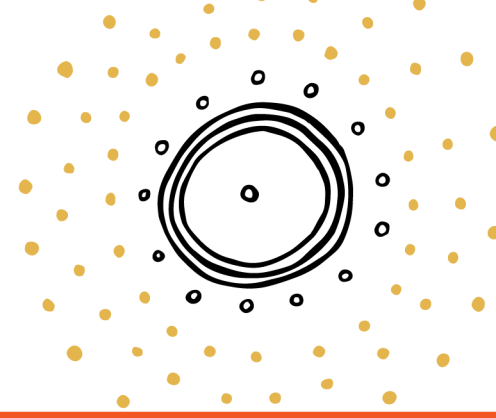




ABORIGINAL WORKFORCE DEVELOPMENT PROGRAM



Self-Care for Aboriginal Workers

Self-care for Aboriginal workers is vitally important to not only manage individual health and resilience but also to prevent stress and burnout. Managing multiple layers of relationships with families, communities and workplaces can result in added pressures and responsibilities, creating an emotional labour which can impact on health.

This 1 day in-person workshop focuses on the importance of self-care strategies for Aboriginal workers, with a special focus on the strength of culture and cultural wellbeing. This workshop introduces self-care, the role of an Aboriginal worker including cultural strengths, and challenges in the workplace. Included is a self-assessment of current self-care and strategies to create a self-care plan incorporating cultural wellbeing.

Learning Outcomes:

- Increased knowledge of self-care;
- Increased understanding of the role of the Aboriginal worker;
- Increased ability to self-assess and develop strategies for self-care, and
- Increased ability to create a self-care plan incorporating cultural wellbeing.

Facilitated by Dr Lana Leslie is a Kamilaroi woman, Managing Director and Principal Consultant of Gunnedah Hill, an Aboriginal Consultancy business specialising in leadership and strategy, cultural & strategic advice, reconciliation action plans, professional development programs, public speaking and research. Gunnedah Hill work with and empower leaders and organisations utilising specialist skills within a cultural framework. Lana has a varied career working in community development, higher education, sport and recreation, health, and policing. She has extensive experience teaching at university level as well as professional development programs for not for profit organisations. Lana has a PhD in Human Geography Aboriginal Health & Wellbeing), a Master of Social Science and a Bachelor of Social Science.

This event is part of the 'Aboriginal Workforce Development Program', a partnership between Blacktown City Council and LEAD.



© Amy Allerton, Contemporary Aboriginal
Artist of the Gamilaroi, Gumbaynggirr and
Bundjalung Nations
REPRODUCED WITH PERMISSION AND GRATITUDE.

Date

Wednesday
14 December 2022

Time

9.30am - 4.00pm

Venue

LEAD Learning Centre,
Suite 10, 197 Prospect
Highway, Seven Hills 2147

Facilitator

Dr. Lana Leslie

Cost

FREE for all Aboriginal
Workers of TEI Funded
Services

\$45.00 + GST

for Aboriginal Workers of
non-TEI Funded Services

Contact

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Code

AW2443

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