

Vitae Education & Training Whakapumau Mahi



Workplace Wellbeing Workshops 2017

Vitae is a well-established national provider of workplace wellbeing services. The services aim to be holistic, culturally responsive, ‘front footed’ and solutions focussed. The kaupapa/philosophy for our education programmes is strengths based and the national network of clinicians across the country are supported by a practitioner led Management team with over 50 years’ experience.

In 2017 we are again coming out to the regions to offer affordable and accessible professional development to teams with a series of interactive and applied 1.5 hour workshops for Managers,, Team Leaders , Human resources personnel, general staff, board members and volunteers.

Workshops are open to everyone in communities and our goal locally is to support communities in growing their capacity and at a national level to support community development

Limited places for each session are available (15 per session).

Session 1. Mental Health and the Workplace (1.5 hrs)

- Understanding mental wellbeing
- Identifying risk and protective factors
- What the research tells us about evidence based approaches to developing mentally healthy workplaces
- The experience of mental illness
- Supporting a recovery based approach
- Workplace strategies supporting mental health

Session 2. Building Resilient Teams (1.5 hrs)

- Understanding stress & resilience
- Keys to resilience building
- Self-awareness, triggers and thinking skills
- Workplace strategies supporting resilience
- Building employee engagement
- Promoting and facilitating early help seeking
- Organisational approaches to building resilient teams

Cost: \$200 per person excld GST (both sessions)

Locations/Dates: Refer to next page

Contact: theteam@vitae.co.nz to secure a booking.

Presenter(s)

Liz Pennington
Chief Executive-Tumuaki
RCpN, BA, DTTchg, Dip NFP Mgt,
MN FCNA (NZ)



Liz was appointed to the role of Chief Executive in 2013.

Her background has included a wide range of senior management roles in mental health, social and community development, tertiary education, central government and in the not for profit sector. In addition Liz is a Fellow of the College of Nurses Aotearoa , has served as National Chairperson of the Anglican Care Social Services Network of New Zealand, is the Vice President and NZ representative on the Australasian executive of EAPAA (Employee Assistance Programme Association Australasia) and the NZ representative on CIMA . Liz is also a trained trauma responder.



when **life** works better,
business works better
Pai ake te oranga, pai ake te pakihi

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Location	Date
Whangarei	20 th February: 2-5.15pm
Kerikeri	21 st February: 2-5.15pm
Kaitaia	22 nd February: 2-5.15pm
Hawera	28 th February: 2-5.15pm
New Plymouth	1 st March: 2 - 5.15pm
Nelson	5 th April: 2-5.15pm
North Shore	29 th May: 10.30-12pm and 1.30-3pm
South Auckland	30 th May: 12-1.30pm and 2-3.30pm
West Auckland	14 th June: 10.30-12pm and 1-2.30pm
Auckland CBD	15 th June: 10.30-12pm and 1-2.30pm
Tauranga	27 th June: 10.30-12pm and 1-2.30pm
Katikati	28 th June: 10.30-12pm and 1-2.30pm
Wellington CBD	26 th July: 10.30-12pm and 1-2.30pm
Lower Hutt	27 th July: 10.30-12pm and 1-2.30pm
Tokoroa	16 th August: 10.30-12pm and 1-2.30pm
Taupo	17 th August: 10.30-12pm and 1 -2.30pm
Rotorua	18 th August: 10.30-12pm and 1-2.30pm
Gisborne	6 th September: 10.30-12pm and 1-2.30pm
Wairoa	7 th September: 10.30-12pm and 1-2.30pm
Hawkes Bay	8 th September: 10.30-12pm and 1-2.30pm
Palmerston North	26 th October: 10.30-12pm and 1-2.30pm
Dannevirke	27 th October: 10.30-12pm and 1-2.30pm
North Shore	1 st November: 12-1.30pm and 2-3.30pm
South Auckland	2 nd November: 12-1.30pm and 2-3.30pm
West Auckland	14 th November: 12-1.30pm and 2-3.30pm
Auckland CBD	15 th November: 10.30-12pm and 1-2.30pm
Wanganui	5 th December: 12-1.30pm and 2-3.30pm
Taihape	6 th December: 12-1.30pm and 2-3.30pm



Sandra Johnston

Sandra is an experienced advanced trainer for CIMA in New Zealand & is the CIMA Committee of Management New Zealand Representative and liaison officer. She is the Vitae Trauma Services Manager with responsibility for recruiting, training and accrediting Vitae's national network of trained CI responders and manages the critical incident process for Vitae.

Sandra has: MSc (Hons) Counselling Psychology. C.A.T.E. Assoc. Degree Business. Dip Clinical Supervision. Cert CISM Application with Children; Approved & Registered Advanced Trainer CIMA:

International Green Cross Compassion Fatigue Educator

President Crisis Intervention & Management Australasia

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