



## SUPERVISION<sub>AM</sub> SELF CARE<sub>PM</sub> WORKSHOP DAY

**WEDNESDAY 26<sup>TH</sup> AUGUST**

**(9.00AM-12.30PM) and (1.00PM – 4.00PM)**

You can register for either or for both

### **Do you currently supervise students, or have done in the past?**

The morning session will cover intermediate supervision skills including creating learning environments, providing effective feedback, having challenging conversations and dealing with at risk students. The afternoon session will cover approaches to resilience and selfcare from a cognitive-behaviour theory and positive psychology perspective to help you and the student.

The session covers a range of simple activities that, with practice, can make us more resilient and less stressed. For any enquiries please contact: Cathy O'Brien [cathy.obrien@unimelb.edu.au](mailto:cathy.obrien@unimelb.edu.au) or Jenny Stott

[Jennifer.Stott@BeechworthHealth.org.au](mailto:Jennifer.Stott@BeechworthHealth.org.au)

## Supervision and Resilience Skills

### Key topics:

- Providing Feedback
- Managing At Risk Learners
- Challenging Conversations
- Resilience
- CBT/Mindfulness based approaches

### For more information or to register go to

[www.goingruralhealth.com.au/events](http://www.goingruralhealth.com.au/events)

### Location

Beechworth Health Service  
Function Room 1 and 2

Morning and afternoon tea  
provided.