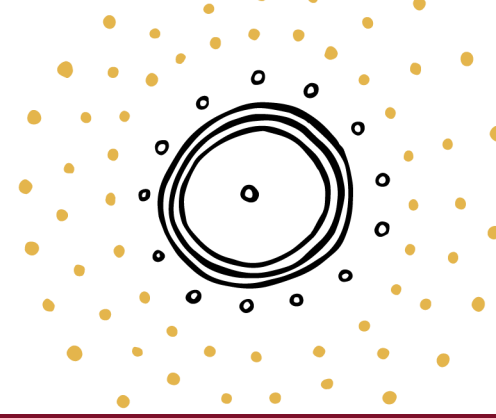




## ABORIGINAL WORKFORCE DEVELOPMENT PROGRAM



# 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 Online Workshop focuses on the importance of self-care strategies for Aboriginal workers, with a special focus on the strength of Culture and Cultural Wellbeing. Delivered in two parts, part A introduces self-care, the role of an Aboriginal worker, including Cultural strengths as well as challenges faced in the workplace. Part B focuses on a self-assessment of current self-care, as well as strategies to create a self-care plan incorporating cultural wellbeing.

**REGISTER NOW! PLACES ARE STRICTLY LIMITED TO ENSURE THAT YOU EXPERIENCE A HIGH LEVEL OF ENGAGEMENT AND INTERACTIVITY.**

### 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, Founder and Principal Consultant of Lana Leslie Consulting, an Aboriginal Consultancy business specialising in leadership and strategic planning, Cultural support and advice, education programs and research. Lana Leslie Consulting works to support Aboriginal and non-Aboriginal leaders and organisations to develop culturally responsive staff, policies, and practices. Lana has a PhD in Human Geography (Aboriginal Health and Wellbeing), a Master of Social Science and a Bachelor of Social Science.

**To participate in this event you must have access to a PC with video capabilities and a reliable internet connection.**

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

A PARTNERSHIP  
PROJECT  
SUPPORTED BY



AN INITIATIVE  
FUNDED BY



Communities  
& Justice



### Date

Tuesday  
01 December 2020  
08 December 2020

### Time

9.30am - 12.30pm  
[Each Session]

*Sessions will open 10 minutes before to enable you to test your audio & visual settings.*

### Modality

Online via ZOOM

### Facilitator

Dr. Lana Leslie

### Cost

Aboriginal Workers of TEI  
Funded Services: **FREE**  
Non-Members: **\$80 + GST**  
**(Both days)**

### Contact

LEAD (02) 9620 6172/  
0439 048 449  
info@leadpda.org.au

### Code

AW2164 & AW2165



Register on our website [www.leadpda.org.au](http://www.leadpda.org.au)

**Register Now!**