



## Building resilience in the face of change.

### Strategies and skills for helping our clients transition through the difficulty of change.

Facing ongoing life transition points, restructures in the workplace and a fast-changing global world can make anyone feel stressed and anxious. Learn how to manage these inevitable changes and move through these transition phases more effectively.

Grief reactions to change are normal and guide us through the adjustment process. Learn about the threefold process of transitioning and the change process of planned and unplanned change. Establish stability zones in your life and build support systems that cultivate healing and cultivate deep self-knowing. Experience reflective practice activities that identify the difference between planned and unplanned changes and its implications. Determine the choices you have available and the things you can and can't change. Apply seven steps for managing change that build resilience and healing.

Navigating these ever-changing currents, tides and winds requires knowledge, self-awareness and processes that help us to a point of acceptance.

This course is for all who have to facilitate these negotiations of ongoing changes and stresses of

their clients and want to build resilience to these challenges and make healthier choices.

#### Learning objectives of this training:

1. Experience reflective practice activities
2. Identify the difference between planned and unplanned changes and its implications.
3. Determine the choices you have available and the things you can and can't change.
4. Apply seven steps for managing change that build resilience and healing.
5. Understand the nature of change
6. Identify the difference processes between unplanned and planned change
7. Discover what blocks us in the movement through transitions
8. Identify what inner relinquishment need to be made, needs need to be met in other ways and what has become out of date
9. Learn how to stay mindful in the state of ambivalence
10. Establishing stability zones and building support systems



**Beate Steller** brings over 30 years of experience in a variety of sectors and industries to her role as a principal Training and Development Consultant. Beate also currently works as a Spiritual Wellbeing Co-ordinator in aged and palliative care. She has been an adult educator since 1992, for the Centre for Community Welfare Training, the Australian College of Applied Psychology and Lifeline Sydney. For over a decade Beate has specialised in grief and loss education/counselling and transition counselling and has been on the Board of NALAG (National Association for Loss and Grief) since 2009. She had her first book published in 2017 called *Tech-connect – Staying Meaningfully Connected in Aged Care*. She has both graduate and post-graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master Degree in Ageing and Pastoral studies at Charles Sturt University. She has worked with people from Indigenous and culturally diverse backgrounds. Beate also holds professional membership with the AASW, the NSW Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

**This training may qualify for Focused Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 12 CPD points.



**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

### **Morning Session**

The challenge of change – reactions and responses.

What is the transition journey and how reflective practice supports this passage?

Applying the seven steps for managing change that build resilience and healing.

Identify the meaning of inner relinquishment.

### **Afternoon Session**

Staying mindful in the state of ambivalence – strategies and practice.

How to establish a stability zones and building support systems.

Evaluation and closing.

***”We want certainty and stability in our lives, so when we realise that we live in a changing world we can become anxious and distressed. The more we learn to work with change proactively the more resilient we become.”***

*Beate Steller*

### **How will you benefit from attending this training?**

- Develop skills and insights into reactions and responses to managing change and facilitate this awareness in your client’s lives.
- Experience the importance of establishing stability zones in the face of managing significant changes.
- Understand the process of coming to a point of acceptance through the navigation practice.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

### **Feedback form Beate’s recent presentations:**

*“Very enjoyable, interesting and professional”*

*“Beate, was a fantastic presenter. Extremely knowledgeable & skilful in the models of change and resilience. A real delight. Thankyou.”*

*“This was a refreshing P.D. Learned and consolidated so much, in a practical and real way”*

*“Thank you for a wonderful, informative and energising workshop. I have learnt so much personally and professionally.”*

*“Engaging presenter. Practical Approach. Good exercises were educative and relevant.”*

*“Enjoyed the day – new learning and affirming current knowledge. Loved the you tube clips – visual diagrams helped. Practical ideas that I can implement with client and supervises.”*

*“A great presentation. Helpful and practical training presented in a very engaging way”.*

*“Thankyou. Very practical and interactive workshop. I can take away new tools to use with my clients.”*

*“Outstanding presenter – very engaging, very warm and kind. Was great to use practical examples and I enjoyed the seminar so very much.”*