



Supporting Clients in Life Transitions: Refocus the Inner Compass

Practical perspectives and strategies to facilitate stability through life changes.

'I was fine until I retired' or 'I was okay whilst my kids were living at home' are common statements we hear when we are trying to understand what life was like before a significant life-change. The transition process has thrown the familiar world into chaos and confusion. This course is for all who facilitate/counsel and support these negotiations of ongoing change and stress and want to build resilience in their clients in support of them making healthy, positive choices.

The course will provide an opportunity to reflect on the key transition points of life's journey and to focus on the challenges of retirement and empty nest syndrome etc.. Depression rates are particularly high during times of change for both men and women.

Empty nest syndrome is not a clinical disorder or diagnosis. It is a transitional period in life that often brings loneliness and loss. However, the experience is often bittersweet or emotionally challenging. It is not experience by both men and women. Retirement is another transition point that can transform an individual's life with statistics showing depression rates are high in retired men who often talk about unexpected disappointments of this time they had previously looked forward to.

How do we move from a time of chaos and uncertainty e.g. 're-tirement' to a positive 're-wirement' and 're-firement' of our understanding of self? How can value clarification throw light on life's transition points and possibly open new possibilities? This course will address the challenge of moving through life- transitions with an enduring sense of self and discuss the importance of finding a home in oneself when everything in the outer world changes.

Navigating these ever-changing currents, tides and winds requires knowledge, self-awareness and processes that help us to a point of acceptance. Practical strategies and activities will be provided and experienced to facilitate these processes of self-awareness and understanding.

Instead of being kind and compassionate with ourselves during these challenging times we often tend to become overly self-critical with ourselves and often forget the importance of calming the anxious mind. This course will emphasize the importance to incorporating a self-compassion approach during times of significant change.

Learning objectives of this training:

1. Identify the key transitions points of the human development journey and associated cultural and psychological challenges and consequences.
2. Understand key issues in the transition of retirement and empty nest syndrome
3. Experience reflective practice activities.
4. Understand the nature of 'Change' and incorporate the model of 'Becoming Friends with Change'.
5. Determine the choices available and what can and cannot change.
6. Establish stability zones in life and build support systems to cultivate healing and deep self-knowing.
7. Discover what blocks movement through transitions.
8. Identify inner relinquishment that are needed and how needs may be met in other ways.
9. Understand the importance of incorporating self-compassion during times of significant change and the difference it will make to find stability and calm for an anxious mind.



Beate Steller brings over 35 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 and Social Worker/ Counsellor 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 specialized 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. Beate completed in 2019 her second Master Degree in Ageing and Pastoral Studies and focused her research on Mindfulness Meditation Groups in Aged Care and its Relevance for Spiritual Growth and Wellbeing. 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 Focussed 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.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.

We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 6 hours of face-to-face training is issued to all participants.

Morning Session

includes a short break

Welcome and overview of the day.

Naming Life's transition points and reflecting on the culture of change.

Identifying processes that support the transition pathway.

Steps and activities that invite the reframing and re-invention of oneself and one's identity.

Discussing the importance of stability during the transition process.

Afternoon Session

includes a short break

How to find a home in yourself and supporting an enduring sense of personal self.

Ensuring the importance of self-compassion during times of transitions is valued and practiced.

Evaluation and Close.

“Often clients seek out support when they are going through times of significant life change and when their inner road map does not fit the reality of the territory or threshold they are crossing. This course provides insight and strategies to proactively support clients through times of confusion, enabling the client to find clarity to make healthy, positive choices.”

Beate Steller

How will you benefit from attending this training?

- This will enable you to work more proactively with life stage transition points in client's lives.
- Discover a strength-based approach to negotiations of ongoing changes and stresses that facilitate clients making healthy, positive choices during significant transition points in life.

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or 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 Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers and Psychiatrists with little knowledge of Existential theory and practice.

Feedback from Beate's most recent presentations for PDP: (to be updated)

“Very good!! Great info. Lots of links to resources.”

“So much great content. Beate´ is fabulous.”

“Would have loved two days. Loved the body map and image exercise.”

“Very informative and practical – thank – you!”

“Excellent” “Fantastic”

“It was the best PDP Seminar I have attended. Informative, educational, hands on. Everyone was involved it was interactive, different variety of resources used. Really enjoyed it.”

“Great learning today. Thank you.”

“Beate´ shares a lot of relevant, hands on stories that brings reality to the theory and information. Beate´ is a wonderfully warm engaging presenter.”

“Practical, usable, and far more grounded than I had imagined!”

“Wonderful, valuable day – really opened my thinking on loss and grief leaving me feeling much more confident to support my grieving clients (and myself and family).”