

Workplace Wellbeing - Workshops 2019

Mental Wellbeing and Building Resilience in the Workplace (1.5 hrs)

- Understanding mental wellbeing in NZ context
- 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

Reducing Unconscious Bias to Build Diversity & Inclusion in the Workplace: Psycho-social Wellbeing in the Workplace (1.5 hrs)

- Understanding the concept of psycho-social wellbeing
- Identifying risk and protective factors and their links to psychosocial wellbeing
- Understanding unconscious bias
- Contemporary workplace practice
- Current research –what’s it telling us
- What we all can do to contribute to diversity and inclusion
- Using workplace, community and health resources and how to get help/support when you need it

Date: 8th August 2019

“Unmasking unconscious bias to build diversity and inclusion” - from 10.30 am to 12

“Building mental wellbeing and resilience” - from 1pm to 2.30.

Venue: Apprentice Training Trust, The Crossing, 60 Highbrook Drive, Level 2, LG House, East Tamaki

90 minute free parking available right outside the building or all day parking across the road at \$4 per day.

Cost: \$100.00 plus GST per person per workshop

To register your attendance please email win.castle@vitae.co.nz – Registrations close on 25th July

Payment to be made to Vitae (ITIM) bank account number 03 0207 0614739 000

Presenter

Dr Vivien Rodgers
National Wellbeing and Education Manager

RN, BA, BN, GDGN, MN, PhD,
FCNA (NZ)



Vivien has recently joined the Vitae team in this new role of National Wellbeing and Education Manager. Her background has included a wide range of nursing, pastoral, management, education and research experience. Vivien is a published author and has presented at national and international conferences.

Vivien has recently retired from 15 years lecturing in undergraduate and postgraduate nursing at Massey University. She continues in an adjunct position.

Vivien is also an experienced trauma responder and member of Vitae’s trauma team since 2010.