

*Find Your Voice
Acting with*

COURAGE

Earn 13 CPD Points



\$330.00 incl GST

2-Day Workshop | Wed 31 Oct & Thurs 1 Nov 2018

0900-1630hrs Registration & Welcome from 0830hrs

Venue: 45 Clarence Street Coorparoo Brisbane

Content: Workplace bullying in nursing is real, it is traumatising, it is costly and it is time to name and stop the behaviour. Using professional *Code of Ethics* and *Code of Conduct* might be a surprising way in which to find strategies – workplace bullying is unprofessional and unethical behaviour. Let us use our professional language to name, challenge and halt workplace bullying. This workshop is a refreshing and alive way to present *Code of Ethics* and *Code of Conduct* to health professionals. Using an experiential process, the facilitator will navigate participants to find a voice to name unprofessional behaviour that they experience from and with colleagues and peers. Integrating theory from a number of different perspectives including neuroscience, transference and countertransference, attachment theory and role theory, participants will be able to view behaviour and reactions through a number of lenses to assist them choose strategies that works for them.

Objectives:

- ≡ Understand the range of definitions used re workplace bullying
- ≡ Discuss the behaviours of workplace bullying
- ≡ Explore the impact of workplace bullying - emotionally, psychologically, physically
- ≡ Understand the way in which the body manages the experience of workplace bullying
- ≡ Explore the impact of bullying on collegial and familial relationships
- ≡ Discuss ways in which professional Code of Ethics and Code of Conduct can be used to give voice to unacceptable behaviours
- ≡ Rehearse how to find a professional voice challenging workplace bullying
- ≡ Identify a range of body strategies that can be used to assist managing the experience of bullying in the moment and beyond.

Finding Your Voice Acting with Courage

Courage - the quality of mind or spirit that enables a person to face difficulty, danger, fear, pain without fear and with bravery. Having the courage of ones own convictions, to act in accordance with one's beliefs, especially in spite of criticism.

Workplace bullying is unacceptable. Workplace bullying is a workplace health and safety concern. Workplace bullying can have significant short and long term effects that can leave individuals experiencing anxiety, depression, post traumatic stress disorder and a range of medical issues. Workplace bullying is costly for the individual, for the team, for the organisation, for the profession, for the community.

As a profession nursing has struggled to find a language to address and challenge workplace bullying. A professional language moves the issue of workplace bullying from the personal to the professional. Whilst the experience of workplace bullying is deeply personal, professional language can assist individuals find another voice, other statements to address and challenge the behaviours of others.

Since 2007, I have supported nurses who have been reported to their relevant regulatory boards due to a number of issues including professional boundary, ethical decision making and Standards of Practice. One of the common themes that I have heard from those nurses over the 11 years that I have had this role, is that of workplace bullying and the stress caused from this leading to poor decision making in practice. This workshop incorporates themes from a number of different perspectives including neurophysiology, psychodynamic, body awareness and our professional Code of Ethics and Code of Conduct. Finding our voice, acting with courage will explore what each of us can do differently when faced with a bullying situation in the workplace.

Comments from prior participants:

- ⊖ "I'm so glad I said yes to this course and I will be looking with interest at future CPD with yourselves."
- ⊖ "How engaging and knowledgeable Wendy is and how wonderful it has been to share her knowledge. I would be interested in anything Wendy presented!"
- ⊖ "Brace yourself – you'll uncover things about yourself, your role and how you feel in the best possible way".
- ⊖ "Wendy is an engaging and interesting trainer who is very knowledgeable on the subject and very thought-evoking"
- ⊖ "Thank you for your energy and knowledge—you made the learning journey run"



***Davaar Consultancy
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*Finding your Voice
Acting with Courage*

Professional Boundaries: Your Safety, Our Business

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Venue: 45 Clarence Street Coorparoo Brisbane

Registration Form & Tax Invoice

Costs : Workshop \$330.00 including GST of \$30

Participant Name	<i>Please print clearly to ensure we can complete your registration.</i>		
Mobile Phone		Email	
Work Phone		Alternative Email (optional)	
Home Phone		Position	
Workplace			
Paid by	Self	(Circle one)	Organisation
How did you hear about our trainings? (optional)			

Registration requirements: Payment must accompany your registration for this workshop. Pre-reading material will be sent to you upon receipt of your registration and payment.

Cancellation policy: Refunds will not be issued. If you are unable to attend the workshop, someone else may attend in your place. Please notify Debb Quinn at debb@davaar.com.au or **0490 949 425** immediately if there is a change of workshop attendees.

Immediate Registration: To book your place immediately, email your scanned and completed registration form to debb@davaar.com.au

Registration form & cheque, or money order may be mailed to:

Davaar Consultancy Training & Development
PO Box 37 Laidley QLD 4341

Or pay by direct deposit to:

Bank - Bendigo - Account Name: Davaar Consultancy
BSB - 633-000 - Account number: 153356290

Schedule: Registration opens: **0830** - Workshop times: **0900 - 1630**

Location: 45 Clarence Street Coorparoo Brisbane

Meals: Tea & Coffee will be available.

