



... and that's enough now
... creating a pause in the
workplace bullying space



presents

6.5 CPD

\$330 incl GST

1-day Workshop 24 July 2019
45 Clarence Street Coorparoo Brisbane

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.

In this one day workshop, the facilitator will take you through some body exercises to assist you manage yourself in those moments that take your breath away.

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.





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Since 2007, I have supported professionals who have been reported to their relevant regulatory boards due to a number of issues including professional boundaries, ethical decision making. One of the common themes that I have heard from those nurses over the 12 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. '... and that's enough' will explore what each of us can do differently when faced with a bullying situation in the workplace.

"...an opportunity to reflect on your actions, why you are drawn to certain behaviours and helps to realign your intentions"

"The course was great, very informative, and presented in an enlivening way, doing the role plays and other action methods makes the work integrated into your being. I have found myself changing many things in my practice since attending"

"Compassion fatigue & vicarious trauma. Being an empathetic person, it can be all too easy to get caught in another person's emotions"

"Boundaries; learning how to check yourself; how to let go of special clients"



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Dr Wendy McIntosh PhD (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training) develops and delivers workshops on professional boundaries, working with clients who have borderline personality disorder, mental illness awareness in the workplace and self care with tenderness to decrease risk of compassion fatigue. She has developed a range of internet tools that also includes ethical decision making. Wendy develops tailor-made education plans for professionals on a broad range of themes. Wendy conducts individual / group supervision and delivers workshops at a state, national and international level.



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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	<i>Self</i>	(Circle one)	<i>Organisation</i>
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.**

Refund Policy: Participants are required to give Davaar Consultancy five (5) working days notice of cancellation for a full refund to be made. Alternative nominated participants are allowed up to time of event. Cancellations with less than five (5) working days notice are not entitled to a refund. 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: All catering supplied (am/pm tea and lunch)

