

How well do you handle the pressures and dynamics of work and life?

How much emotion or drive do you use to get through the day?

If you work like you do now for another 15 years what would be the impact on your health?

We invest our time and energy every day, our choices of what to do and how to do it either leave us feeling productive and vital or stressed and drained. Yet there are simple steps that we can take that make self care a foundation for productivity and vitality.

The level of care we can take for work, families, clients (customers) and fellow staff is limited by the level of care we take for ourselves. Self-Care is the missing foundation if we are interested in making a lasting differences in peoples lives and avoiding burn out in the process.

This half day workshop will explore;

- The micro choices we make each day and the impact they have
- Where the real drain in our energy comes from in our day
- How we create more space in your day
- How we establish self-care as our foundation for productive, vital lives

The Presenter

Joel Levin is the principal consultant at Aha! Consulting and has over 20 years' experience working with or in a range of sectors (Health, Human Services, Planning, State Government, CALD, Environment, Commerce, Sports and Recreation, Education, Local Government, Utilities, Waste Management, Arts, Aged Care, Disabilities and Justice).



His organisational, engagement and facilitation skills stem from a background in counselling, training, community work and senior management. His interest in self-care interest stems from his background in complimentary and remedial therapies and seeing people from across so many sectors working hard but suffering for the outcomes they achieve.



Bookings and more information
www.ahaconsulting.net.au

Self Care - The Missing Foundation

Date: Friday 8th December

Time: 7:30am-10:30am

Cost: Free

Venue: Bendat Parent and Community Center, 36 Dodd St, Wembley