

Workforce Wellbeing ECHO

What keeps us healthy & resilient at work?

FREE
EDUCATION

Goulburn Valley Health's Workforce Wellbeing program is for all staff interested in looking after their own and other's wellbeing.

By becoming involved you will be able to:

- Gain knowledge to help support those in your team
- Learn skills to implement into your day-to-day life
- Develop strategies to support yourself

In the session you will:

- Undertake interactive activities
- Get a chance to ask questions
- Hear your suggestions for improvement

What is Project ECHO®?

Extension of Community Healthcare Organisations (ECHO) is an "all teach, all learn" approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

WHEN: Fortnightly sessions held on Tuesdays from 12.00pm to 1.00pm via Zoom
WHO: All Staff of Goulburn Valley Health welcome to join all or part of any session
COST: Free
JOIN ZOOM: <https://bit.ly/3uwaoUP>
REGISTER: JAMHECHO@gvhealth.org.au

11-Jul-23	Nursing Midwifery Health Program	Carolyn McDonald Nursing Midwifery Health Program
25-Jul-23	Burnout and Beyond	Alister Ross LaTrobe University
8-Aug-23	Gut Health	Nutrition Team GV Health
22-Aug-23	Developing Our Self Care Plan	Sally Robson GVADS
5-Sep-23	Healthcare Worker Wellbeing Centre	Anna Hochman and Jen Holmes Safercare Victoria
3-Oct-23	TBA	TBA
17-Oct-23	Building Personal Resilience Part 1 - Amygdala Hijack	Christina Katopis Learn4Results
31-Oct-23	Energy Healing, Sound Therapy and Metaphysics - mind body medicine	Dr Lisa Shortridge
14-Nov-23	Building Personal Resilience Part 2 Emotional Intelligence and the Power of Reframing	Christina Katopis Learn4Results
28-Nov-23	Cultural and Unconscious Bias	Richard Horton GV Health Quality Unit
12-Dec-23	Nursing and Midwifery Health Program Victoria Champions Program	Sharon Hall