

2024 Term 1 & 2

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

Theme—Culture and Ethos		
13-Feb-24	Empathy and Leadership	Mr Matt Sharp Chief Executive GV Health
27-Feb-24	Culture and Leadership	Mr Joshua Freeman Executive Director GV Health
12-Mar-24	Employee Assistance Program—EAP services	Mr Gino Carrafa D'Accord OAS
26-Mar-24	Creating a Just Culture—Speaking Up for Safety	Ms Tanya Kuiper Acting Quality Manager GV Health
23-Apr-24	Cultivating the Joy in Your Team	Mr Michael Reed Organisational Development Manager GV Health
7-May-24	Putting Your Best Foot Forward—Creating a Culture of Kindness & Joy	Ms Jen Holmes Safer Care Victoria
Theme Compassion and Burnout		
21-May-24	Dealing with the Agro—Supporting Self & Others When Dealing with Workplace Violence & Aggression	Mr Mitchell Dunn Health, Safety & Wellbeing GV Health
4-Jun-24	Clinical Supervision for Role Development	Ms Melissa Metcalf & Ms Nicole Ryan GV Health
18-Jun-24	Leadership & Burnout	Dr Aston Wan Monash Health



New attendees welcome at any time – regular attendance not required. For more information visit GV Health website.