

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: <a href="https://bit.ly/3uwaoUP">https://bit.ly/3uwaoUP</a>
REGISTER: JAMHECHO@gvhealth.org.au

18-Feb-25		Ms Dana Sfetcopoulos & Kate Brooks Allied Health Clinical Educators, Allied Health Education, GV Health
4-Mar-25	·	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
18-Mar-25		Ms Paige Harbor Psychiatric Nurse Consultant, Nursing Staff Development, GV Health
1-Apr-25	Anxiety and Work	Ms Sharon Des Landes, Psychological Clinical Educator, GV Health
29-Apr-25	NatureWise - Nature Scripts and Nature Dosing	Ms Alison Hill Director and Executive Officer People & Parks Foundation
13-May-25	LISS VALIR LALIABRILAC - HAW CON WA Affor halp Without Affanca ?	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
27-May-25	PISD - Work Related Trailmanc Exposure and Vicarious Trailma	Ms Katherine Williams, Director— Psychology, Allied Health Education, GV Health
10-Jun-25	ТВА	People Development & Safety, GV Health



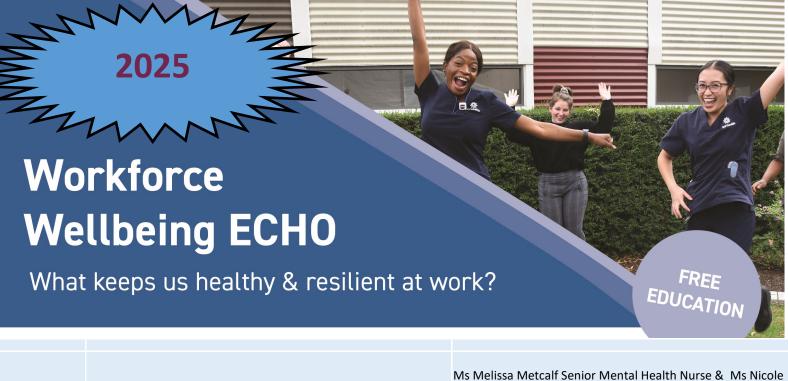
24-Jun-25



Healthy Relationships at Work and Home

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

Ms Robyn Hucker, General Manager, Headspace Shepparton



		An Assistance
22-Jul-25	The Disintegration Grid to Support Communication	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
5-Aug-25	Clinical Supervision for Acute Care Nurses	Ms Cathy Scott - Director & Lyn Brett Nursing & Midwifery Workforce Manager, Nursing & Midwifery Education- GV Health
19-Aug-25	ТВА	People Development & Safety
2-Sep-25	Coaching & the Grow model	Ms Donna Markham, Director - Disequilibrium
16-Sep-25	ТВА	ТВА
28-Oct-25	ТВА	ТВА
14-Oct-2025	ТВА	People Development & Safety
11-Nov-25	Pain Management Clinic	Ms Kristi Millott Exercise Physiologist, Chronic Pain Management Clinic—GV Health
25-Nov-25	Giving effective feedback - a 4 step model	Ms Paige Harbor Psychiatric Nurse Consultant, Nursing Staff Development-GV Health
9-Dec-25	ТВА	ТВА





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