

Workforce Wellbeing ECHO

What keeps us healthy & resilient at work?

GV 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 Organisation (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: Monthly sessions on Tuesdays, 12pm-1pm, via Zoom

Who: All Health and Community Workforce are welcome to join all or part of any session

Cost: Free | **Contact:** lisa.pearson@gvhealth.org.au

Date	Title	Presenter
24 Feb 2026	iConnecting Staff at GV Health with the Local Community	Fiona Blick, Community Connector and Communications Manager & Jenna Hearn, Member Engagement Manager, Community Connect
24 Mar 2026		Kathryn McEwan Global Lead - Working with Resilience, Co-founder Perspective, Organisational Psychologist, Executive Coach
28 Apr 2026	Burnout	Mr Marcel Koper, Awareness Centre -
26 May 2026	Supporting Neurodiversity in the Workplace	Belinda Clark, Professional Officer, Australian Nursing and Midwifery Federation (Vic Branch)
23 Jun 2026	Hepatitis and Liver Health	Katelouise Howard, Hepatology Clinical Nurse Consultant, Specialist Consulting Suites, Goulburn Valley Health
28 Jul 2026	Leading Above the Line - Self Leadership and Wellbeing	Michelle Bihary, Resilient Teams - Thriving People
25 Aug 2026	Emerging Leaders Program	Kathy Gaylard, Senior Carer Consultant, Lived & Living Experience Workforce (LLEW)



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

