



Health and wellbeing for early years professionals

Dr Lyn O'Grady leads this session designed to help professionals develop skills of self-care in order to manage stress and challenge within their personal and work lives.



This session will:

- define self-care and what it means
- unpack self-care in the context of home and work life
- explore why self-care matters
- identify impacts and barriers to successful self-care
- provide tips, tools and strategies to develop a self-care plan and to act on it
- share resources and guidance on when to seek professional help.

When: Friday May 19th, 9.30am – 2.30pm

Where: Southern Golf Club, Lower Dandenong Road, Keysborough. Free parking on site.

or

When: Friday August 25th, 9.30am – 2.30pm

Where: Manningham City Council, 699 Doncaster Road, Doncaster. Free parking on site.

Cost: \$175 Members \$250 Non Members

LINKS TO AUSTRALIAN PROFESSIONAL STANDARDS FOR TEACHERS

ENGAGEMENT
6.2, 6.3, 7.4

LINKS TO NATIONAL QUALITY STANDARD

QA4 STAFFING
ARRANGEMENTS

QA7 LEADERSHIP AND SERVICE
MANAGEMENT



ABOUT THE PRESENTER

Dr Lyn O'Grady is an experienced Community Psychologist with

a particular interest in the mental health and wellbeing of children, young people and families. She has worked with parents in parenting programs and individually at the community level and in schools for over 20 years. Lyn also worked as a school psychologist in the Western Metropolitan Region of Melbourne and is a supervisor of psychology interns. At a more systemic level, she currently works as the National Project Manager for KidsMatter at the Australian Psychological Society.

Register on-line at www.elaa.org.au/pld or call (03) 9489 3500.

Prior registrations are essential. Please sign in 15 minutes prior to the commencement of a session.