



Stress Management and Self-Care in Times of Change

ACCPA

About this program

The CHSP/Home Care workforce are experiencing rapid policy reform and shifting service delivery practices. For many smaller and remote organisations this will require a dramatic shift in business operations, which may result in employees experiencing higher levels of stress and anxiety, and an increase in employee absences and attrition.

Employees need strategies to manage the impact of uncertainty and change before it leads to overwhelm. Being able to establish boundaries to ensure a work-life balance and avoid burnout is essential for individual health and wellbeing.

This 2-hour interactive workshop will share insights and helpful tips to enhance your ability to manage stress and prioritise self-care while facing the challenges of the next 12 months. Take the time now to invest in your own wellbeing.

Learning outcomes

- ✓ Understand the impact of change on your wellbeing and leadership
- ✓ Understand the personal and professional outcomes of not investing in self-care
- ✓ Identify what you can and cannot influence
- ✓ Identify 2 areas in your life that you want to make change in to increase your wellbeing
- ✓ Strategies and tools for self-care and stress management

Target audience

Managers and Team Leaders in CHSP/Home Care Sector

Program details

Date Tuesday 18 June 2024
Time 12:30pm - 2:30pm AEST
Location Online via Zoom