

# You are invited to...

# Workforce Well Being Day

## Agenda

- 10:00 – 10:30 Registration, Welcome to Country
- 10:30 – 11:00 Kaye Hull  
Welcome
- 11:00 – 12:00 Dr. Sally Cockburn (Dr Feelgood)  
Building Resilience: It's All About Balance
- 12:00 – 12:30 Jozette Dellmain & Justine Summers  
Managing Change
- 12:30 – 1:30 Lunch & Tai Chi with Judy Reid (RDGP)
- 1:30 – 2:30 Julianne Whyte - CEO, Amaranth Foundation  
Grief & Loss
- 2:30 – 3:00 Afternoon Tea
- 3:00 - 4:00 Natasha Laroo Intern Psychologist- RDGP  
Self-care Research & Strategies
- 4:00 Closure of the Day

Venue: The Rules Club, Waqqa Waqqa  
Date: 8<sup>th</sup> of June 2011  
Time: 10:00am – 4:00pm  
RSVP: 30<sup>th</sup> May 2011  
Email: [cryanchapple@centacarewagga.org.au](mailto:cryanchapple@centacarewagga.org.au)  
Cost: \$50 (early bird: 19<sup>th</sup> MAY 2011)  
\$60 Normal Cost (includes lunch &  
Refreshments)



The **Richmond Fellowship**  
a community organisation providing supported accommodation for people with mental illness OF NEW SOUTH WALES

