

Mental Health Victoria Professional Development

Semester 1, Online 2021

February

Foundations of Peer Work

Tuesday 9th, 16th & 23rd Feb
Tuesday: 2nd & 9th March
(9:30am – 2pm)
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

Mental Health First Aid

Wed 17th & Thurs 18th Feb
(9:30am – 12:00pm)
Facilitator: Tamara Stillwell

Learn how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Mental Health Promotion & Prevention Webinar

NEW

Tues 23rd Feb
(10am – 11:30am)
Facilitator: Prevention United

Learn about approaches to mental health promotion and explore how people working in mental health and other sectors can get involved in this fast growing field.

March

Project Management Tools

Mon 15th & Tues 16th March
(9:30am – 1pm)
Facilitator: Adam Le Good

NEW

Learn and understand the fundamentals of project management.

Mental Health Awareness

Thur 25th March
(9:30am – 1pm)
Facilitator: Carol Fountain

A half day course for anyone wanting to understand mental illness and learn how to respond to people who may be experiencing distress.

April

Introduction to Motivational Interviewing

Tues 6th & Wed 7th April
(9:30am – 1pm)
Facilitator: Nadine Hantke

Understand the basic practices and principles of motivational interviewing in order to facilitate change with clients.

Leading Remote Teams

Wed: 14th, 21st & 28th April
(9:30am – 1pm)
Facilitator: Adam Le Good

NEW

Develop a range of skills to build the culture and community for their remote workers and be able to instigate a team cohesion plan.

Behaviours of Concern

21st & 22nd April
(9:30am – 1pm)
Facilitator: Tamara Stillwell

Develop strategies and build skills to effectively respond to behaviours of concern.

May

Leading Project Teams

Tue 4th & Wed 5th May
(9:30am – 1pm)
Facilitator: Adam Le Good

NEW

Understand the key attributes of a well-functioning team and learn about effective delegation and influencing skills.

Self-care strategies to prevent vicarious trauma and burnout

Wed 19th & Thur 20th May
(9:30am – 1pm)
Facilitator: Tamara Stillwell

Learn to counteract and manage vicarious trauma & burnout through practical strategies and practices.

Survive to Thrive: For NDIS Psychosocial Disability Support Workers

Thurs 27th & Fri 28th May
(9:00am – 12:30pm)
Facilitator: Tamara Stillwell

NEW

This course is specifically for NDIS workers will help you identify and learn to prevent, manage, or arrest burnout, compassion fatigue and secondary traumatic stress, using a variety of skills.

Survive to Thrive: For NDIS Psychosocial Disability Support Team Leaders & Managers

Thurs 27th & Fri 28th May &
Thurs 3rd & Fri 4th June
(1:00pm – 5:00pm)
Facilitator: Tamara Stillwell

NEW

This course is specifically for NDIS **Team Leaders or Managers**, supervising and managing staff delivering psychosocial disability supports.

June

Foundations of Peer Work

Wednesday: 2nd, 9th, 16th, 23rd & 30th
June (9:30am – 2pm)
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

Lead and Manage Organisational Change

NEW

Wed 16th, Thur 17th & Wed 23rd &
Thur 24th June (9:30am – 1pm)
Facilitator: Adam Le Good

Learn skills of a successful manager and how to develop an effective change management strategy.

Customised Training

We come to you!

We can deliver customised training to you via an online platform at a time that suits you.

For more information please contact us:
learning@mhvic.org.au