

# **BUILDING RESILIENCE** *Conference* *FROM SURVIVING TO THRIVING*

**15 April 2010**  
**8.30am - 5pm**

**Post Conference Half Day  
Workshops 16 April 2010**

***Masonic Centre, Corner of Goulburn  
& Castlereagh Streets, Sydney NSW***

**MC: Julie McCrossin**

**EARLY BIRD EXTENDED  
TO MONDAY 29 MARCH 2010  
DON'T MISS OUT!**

***We can all build and improve on our ability to be resilient when faced with stressful and difficult situations. This one day conference and following half day workshops will provide you with information, tips and examples on how to improve resilience in yourself and others.***

**Confirmed Speakers include:**

Prof Tim Sharp, The Happiness Institute  
Tony Cotton, Australian Federal Police  
Lyn Worsley, The Resilience Doughnut  
Gary Moore, Marrickville Council

**Including Post Conference workshops run by:**

Ruth Fordyce, The Resilience Doughnut  
Cherie Carlton, The Institute of Psychiatry

**The conference and workshops will be relevant to:**

- Mental Health and Allied Health Professionals
- Mental Health Consumers and Carers
- HR and OH&S Managers
- School Counsellors and Teachers
- Mental Health NGOs
- Individuals with an interest in building resilience within the community

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