

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

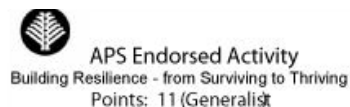
The conference and workshops will be relevant to:

- 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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BUILDING RESILIENCE conference

from surviving to thriving

Draft Program



Thursday 15 April 2010 Conference Day 1 8.30am - 5pm

8.30am Coffee/Tea and Registration

8.55am	A/Prof Meg Smith OAM	President, Mental Health Association NSW, Opening of Conference
8.58am	Julie McCrossin	MC's Welcome
9:00am	Rhonda Dixon-Grovenor	Welcome to Country
9:02am	Hon Barbara Perry MP	Minister Assisting the Minister for Health (Mental Health), Address

WORKPLACE RESILIENCE STREAM

9:12am	Prof Timothy Sharp	Chief Happiness Officer, The Happiness Institute, Keynote Speaker
9:42am	Tony Cotton	Manager Wellbeing Services, Australian Federal Police
9:57am	Ingrid Poulson	Founder, Steadfast Training
10:12am	Dr Lynn McAtamney	Lead, Mental Health and Resilience, Centre of Expertise in Health Safety and Environment, Telstra
10:27am	Panel discussion facilitated by MC	

10:45am *Morning Tea*

11.05am	Gillian Church	CEO, Mental Health Association NSW, Preview of advertising campaign
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SCHOOL RESILIENCE STREAM

11:10am	Lyn Worsley	Clinical Psychology and author, The Resilience Doughnut, Keynote Speaker
11:40am	Dr Toni Noble	Adjunct Professor, Australian Catholic University
11:55am	Cay Camden	School Counsellor-Catholic Schools Office
12:10pm	TBA	Headspace
12:25pm	Panel discussion facilitated by MC	

12:40pm *Lunch*

COMMUNITY RESILIENCE STREAM

1:30pm	Gary Moore	Director, Community Services Marrickville Council, Keynote Speaker
2pm	Charmaine Jones	Chair, Surry Hills Public Tenants Association
2:15pm	Greg Wilson	MHA Ambassador; Consumer Advocate, Artist
2:30pm	Kim McConville	Executive Director, Beyond Empathy
2:45pm	Panel discussion facilitated by MC	

3pm *Afternoon Tea*

RESILIENCE AND CULTURE STREAM

3:30pm	Brenda Freeman	Aboriginal Social and Emotional Wellbeing Worker, Sydney South West Area Health Service, Keynote Speaker
4pm	Dr Bronwyn Batten	Senior Policy Officer NSW Dept of Environment Climate Change & Water
4:15pm	Dr Fiona Stanaway	Associate Lecturer, School of Public Health, University of Sydney
4:30pm	TBA	Metropolitan Migrant Resource Centre & Transcultural Mental Health Centre
4:45pm	Panel discussion facilitated by MC	

5pm *Conference Day 1 End*

Friday 16 April Post Conference Workshops 9am - 1pm

Workshop 1: Workplace Resilience, A/Prof Vijaya Manicavasagar, The Black Dog Institute

Workshop 2: School Resilience, Ruth Fordyce, The Resilience Doughnut

Workshop 3: Community Resilience, Cherie Carlton, Institute of Psychiatry

Workshop 4: Resilience & Culture, Dr Fran Gale and A/Professor Natalie Bolzan, School of Community Welfare and Social Work, University of Western Sydney