

**ISANA/ANZSSA Annual Conference
2014
Adelaide, South Australia**

Title: ***Staying In-Balance: Workshop on Resilience & Wellbeing***

Presenter: **Dr. Sherene Suchy (AASW)**

DUO PLUS – Workshops, Coaching, Counselling
PO Box 926 Jamison Centre ACT 2614 Australia
W: duopluseq.com

Date: Wednesday December 3, 2014

With over 40 university campuses across Australia, there are thousands of students (and staff) who will benefit from the nurturing insights about resilience and wellbeing found in this 60-minute interactive workshop. The workshop is based on Dr. Sherene Suchy's recent publication *In Balance: Workbook on Resilience & Wellbeing*. Dr. Suchy was asked to write this workbook by international students for two reasons: First, to demystify counselling and reduce stigma about seeking support. Second, to reassure students they can get going when the going gets tough. The workshop will introduce two tools that made sense to students: the *Resilience Triangle* and the *Tripod for Support*. Participants will have an opportunity to use some of the reflective exercises from *In Balance* for hands-on experience. By the end of the workshop, participants will be able to answer three key questions: What is resilience? What is self-care? What is support, from an international student's point of view?

Format: Interactive 60-minute workshop.
Subtheme: Health, Wellbeing & Safety
Keywords: Resilience. Social Work. Counselling. Mind Body Spirit.