

## TRAINING PROGRAMS IN 2024

### **Strengthening resilience and elder wellbeing through practical and easy to implement strategies for the workforce.**

Thank you for your interest in our industry-endorsed training programs. Over the last decade my team and I have designed and delivered hundreds of workshops to those supporting elders throughout Australia. We pride ourselves on being able to translate complex research into practical skills for the workforce.

In 2024 we are excited to offer you a selection of workshops covering a wide range of popular topics which will **enhance worker skills and ultimately client experience within your service delivery.**

We offer on-site training for groups in NSW, and other states on a case-by-case basis, as well as self-paced online learning with unlimited access to the online learning platform for the life of the course which has been completed by participants all over Australia, New Zealand, UK and Europe.

Our workshops are attended by care staff, nurses, leisure and lifestyle staff, allied health professionals, volunteers, families and more recently we have had several elders self-enrol in our online self-paced workshops.

Our point of difference:

- Easy to understand and fun training
- Industry-endorsed workshops
- Award-winning licensed program
- Current and up-to-date training
- Upskill workers in a team approach, or individually
- Working holistically by involving families
- Training includes real-life examples and opportunities for interaction
- Participants walk away with resources and practical strategies they can start using with their clients straightaway.

## YOUR CONVENIENCE

Individual registrations are available for all our self-paced online workshops. For large group bookings, in-person training is offered in NSW and other states on a case-by-case basis.

## FACILITATOR

Dr Julie Bajic Smith is a registered psychologist who has over 15 years clinical experience in aged care. Julie is a board-approved psychology supervisor and she regularly delivers clinical supervision to intern psychologists and other mental health professionals. Julie is also an experienced researcher and writer. Her doctorate research examined wellbeing in home care workers and postdoctoral research focused on supported decision-making in dementia. She has significant experience in assessment and the application of psychological treatments to older adults and recently published a book on enhancing emotional wellbeing in residential aged care environments. Julie has developed several preventative psychological group programs for older adults entering residential care, which won Positive Living in Aged Care Awards.

## LATEST E-LEARNING WORKSHOPS

In 2024 we are excited to offer you a selection of workshops covering a wide range of popular topics which will enhance worker skills and ultimately client experience within your service delivery.

Please refer to this section if you are enquiring about training for yourself or for one or a few of your employees. Training is delivered online and self-paced with ongoing and unlimited access to the content for the life of the workshop. This is on-demand, pre-recorded training alongside a supportive online community, where participants can engage with colleagues, ask questions and write a reflection on each of the learning modules.

What is included?

- All lessons, handouts and additional resources
- Unlimited access to the online learning platform and period updates
- Certificate of completion issued

### Available E-Learning Self-Paced Workshops

Duration	Topic	Target Audience	Availability
1 hour	Empathetic Engagement – learn practical strategies in how to incorporate empathy to boost client engagement	Care staff, RNs, leisure and lifestyle, volunteers	1 March 24
2 hours	Grief and Loss in Late Life – grief terminology, experiencing loss in late life, grief vs depression, complicated grief, other mental health conditions and overcoming grief	Care staff, RNs, leisure and lifestyle, volunteers	NOW
3 hours	Dementia and Wellbeing – personal impact of dementia, interpersonal impact of dementia, supporting families	Care staff, RNs, leisure and lifestyle, volunteers	1 March 24
4 hours	Resilient Worker – dealing with change, effective teamwork, problem-solving, productivity, burnout and coping strategies	Care staff, RNs, leisure and lifestyle, volunteers	1 June 24
6 hours	Enhancing Emotional Wellbeing in Late Life – emotional wellbeing, identifying strengths, establishing social goals, resilience boosting activities, integrated collaboration	Care staff, RNs, leisure and lifestyle, volunteers	NOW

## INDIVIDUAL & SMALL GROUP REGISTRATION

### E-Learning Registrations

Duration	Program Name	Price	Tick all relevant
1 hour	Empathetic Engagement	\$ 57	
2 hours	Grief and Loss in Late Life	\$ 197	
3 hours	Dementia and Wellbeing	\$ 297	
4 hours	Resilient Worker	\$ 397	
6 hours	Enhancing Emotional Wellbeing in Late Life	\$497	
Subtotal:			

*Prices valid until 31 December 2024*

### Bookings

Book and pay directly at [wisecare.com.au/workshops](http://wisecare.com.au/workshops) or complete registration form below and an invoice will be emailed. Workshop access is granted upon full payment.

Payer (individual/organisation name)	
Contact Person:	
Contact Number:	
Email Address:	
<i>N/B The online training portal is self-paced and once enrolled participants have access for the life of the course, including any program updates.</i>	

## LARGE GROUP ON-SITE WORKSHOPS (NSW and other states on case-by-case basis)

Duration	Program Name	Audience
1 hour	Empathetic Engagement – learn practical strategies in how to incorporate empathy to boost client engagement	Care staff, RNs, leisure and lifestyle, volunteers
2 hours	Grief and Loss in Late Life – grief terminology, experiencing loss in late life, grief vs depression, complicated grief, other mental health conditions and overcoming grief	Care staff, RNs, leisure and lifestyle, volunteers
3 hours	Dementia and Wellbeing – personal impact of dementia, interpersonal impact of dementia, supporting families	Care staff, RNs, leisure and lifestyle, volunteers
4 hours	Resilient Worker – dealing with change, effective teamwork, problem-solving, productivity, burnout and coping strategies	Care staff, RNs, leisure and lifestyle, volunteers
6 hours	Enhancing Emotional Wellbeing in Late Life – emotional wellbeing, identifying strengths, establishing social goals, resilience boosting activities, integrated collaboration	Care staff, RNs, leisure and lifestyle, volunteers
<b>Maximum number of participants per workshop is 20</b>		
Workshop duration cannot be amended as each workshop is individually assessed for compliance and endorsement as reflected in Certificate of Completion.		

## Simple Steps

- Step 1:** Review the training topics in line with the organisational needs and identified knowledge gaps.
- Step 2:** Identify number of staff you would like to receive training, noting in-person workshops are capped at 20 participants per session.
- Step 3:** Decide if booking a half day (3 hours) or a full day (6 hours) rate is more suitable for your organisation and the number of training programs targeted for the day.

## Flexibility

- Your choice of workshop
- Your choice if you would like the same workshop delivered several times in the day with different participants

Half day example:

1 hour Empathetic Engagement (20 staff)  
2 hour Grief and Loss in Late Life (20 staff)

Total 40 staff trained in half a day at \$39.93 per staff member

Full day example:

3 hour Dementia and Wellbeing workshop (am)  
3 hour Dementia and Wellbeing workshop (pm)

Total 40 staff trained across a full day at \$74.25 per staff member

## Investment

Half day on-site rate: \$1597 +GST

Full day on-site rate: \$2970 +GST

Travel: Charged at \$120 per hour + GST in NSW, other states add on travel costs as incurred

*Prices valid until 31 December 2024*

## CORPORATE TRAINING BOOKING FORM

Organisation:			
Contact Person:			
Job Title:			
Address:			
Contact Number:			
Email Address:			
Please propose up to three training dates:			
Service Request	<p><b>HALF DAY ON-SITE (3 hours)</b></p> <p><b>FULL DAY ON-SITE (6 hours)</b></p>		
<i>NB: Each workshop is capped at 20 participants; however, several workshops can be offered on the same day.</i>			
Duration	Program Name	Target Audience	Tick all that apply
1 hour	Empathetic Engagement	Care staff, RNs, leisure and lifestyle, volunteers	
2 hours	Grief and Loss in Late Life	Care staff, RNs, leisure and lifestyle, volunteers	
3 hours	Dementia and Wellbeing	Care staff, RNs, leisure and lifestyle, volunteers	
4 hours	Resilient Worker	Care staff, RNs, leisure and lifestyle, volunteers	
6 hours	Enhancing Emotional Wellbeing in Late Life	Care staff, RNs, leisure and lifestyle, volunteers	