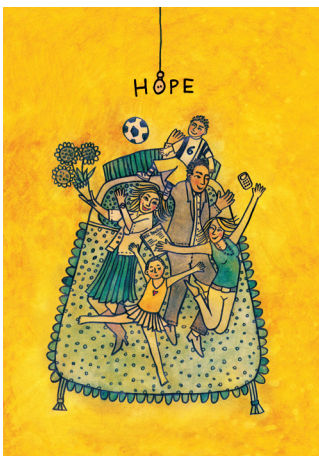


Coaching for greater resilience at home and work

Seminar Outline

As people we care for grow, change and develop we find there is a need for a process that supports, guides and challenges them in a way that enhances their resilience to obstacles, transitions, and setbacks in life. If you are someone who is passionate about the quality of care you give to those people in your life who are important to you, such as your children, your ageing loved ones or your employees, then this seminar is for you. It will provide you with ample opportunities to learn and apply the LIFE coaching process to a wide range of family and work situations, whilst at the same time embarking on a journey of discovery, renewed energy and resilience for yourself.



The seminar will cover the following areas:

Understanding resilience – Research shows that there are a number of crucial factors in developing resilience which include: managing stress well; connecting with others; and demonstrating a high level of emotional intelligence. These factors will be explored and applied to practical coaching scenarios both at home and work, such as helping your child deal with bullying, moving with children, relationship breakups, support during loss and grief, separation and divorce, starting school, HSC stress, coping with a growing workload, dealing with mental health issues in the family, delivering presentations successfully, coping with technological changes, juggling work and family, sorting out conflict with friends, family and work colleagues, dealing with failure, and much more.

The LIFE coaching process – Coaching is a process that guides and supports individuals and groups in achieving their potential and goals in life. The LIFE coaching process has been developed especially for people who are already in an established relationship and have ample opportunities to provide support to build resilience for those they interact with on a regular basis, such as parents/carers and their children/loved ones and managers and their team members. You will learn the LIFE coaching process which focuses on active listening, powerful questioning and accountable actioning for building greater resilience and experience it applied to many situations both at home and work.

LIFE coaching scenarios – You will have the opportunity to apply your coaching skills to any situation that requires greater resilience and experience the tremendous benefits, such as heightened self awareness, more confidence, greater sense of accountability, quality decisions, better relationships, clarity, improved parenting skills, better career progression, stronger leadership skills, increased work productivity, less anxiety, more constructive use of energy, increased empathy in your caring role, and happiness!

Participants will receive a workbook with the content of the seminar as well as tip sheets on topics, such as Coping with a growing workload, Dealing with a difficult boss, Delivering smooth presentations, Dealing with bullying at work, Helping a depressed or anxious family member, Dealing with cultural transitions at work, Coping with grief, Strategies to cope with a travelling spouse, Moving with children, Helping with HSC stress, The new parent, Teaching children to be grateful, Peer pressure and influence, dealing with drugs, starting school, How to stop screaming at the kids, Sibling rivalry, Dealing with bullying at school, Separation and divorce, Single parenting, Step families, and Cross cultural families. In addition, a booklist and contacts page will be included providing useful tools to help employees manage their work/life/family commitments.

About the Life Institute of Family Education and its Presenters:

LIFE was founded by Dr Julie Rosengren to provide parents, carers and employees with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE consultants have been delivering innovative parenting, caring and working seminars to corporate, government, schools, day cares and individuals since 1999 and consulting specifically on family issues since 1994.

Dr Julie Rosengren is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. Julie developed the parenting, caring and working programs based on her doctoral research in emotional intelligence, her experience as a mother of 3 and Aunt to 45 nephews and nieces, and her love for children's stories, activities and play for people of all ages.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

Rebekka Tuqiri is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

Julia Brierley is a Sydney based consultant, coach and educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is a mother to three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

Donna Pettigrew is a Registered Nurse with over 20 years experience. Whilst working in a variety of medical fields, her specialties are geriatrics, cardiothoracic (medical and surgery), cardiac rehabilitation and health promotion. Donna's passion is for people to age well, with choice and respect. For the past 4 years she has managed a large aged care facility in Chatswood, Sydney. Donna is married to Andrew, and they have four children. Her work and large extended family, has provided her with vast health and relationships experience.

Professional Qualification: Registered Nurse (QLD, NSW) Cert. C.T.

Sue Saxon is an artist, art educator and curator. She has exhibited widely in Australia and overseas and been the recipient of scholarships and residencies in New York, Paris and Budapest. Sue brings a wealth of knowledge and expertise in art making, art history and programming to the LIFE team, developed in roles including Visual Arts Co-ordinator for Sydney Festival and across Youth and Public Programming in the Education Department of the Museum of Contemporary Art.

Professional Qualifications: Bachelor of Art Education (COFA, UNSW); Graduate Diploma in Professional Studies, Painting major (COFA, UNSW); Master of Visual Art, Sydney College of the Arts.

Rita Princi is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts seminars on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

Annette Mutimer is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

Alison Brown is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

Heidi Hibberd (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.

Dr Sheena Males trained in London as a medical doctor and worked for 10 years as a General Practitioner. As a mother of four girls ranging in age from 5 to 14, Sheena knows first-hand the challenges and joys of parenting. Fortunately, her medical background and additional training in Solution-Focused Therapy, Non Violent Communication and Appreciative Inquiry have equipped her well, allowing her to provide unique insights in her work with parents. Sheena has worked in Australia as well as the UK, and lives in London.

Professional Qualifications: MB,BS (London), MRCGP (London)

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