

# TASTE OF RESILIENCE



## Presented by Better Practice Project

### DATE & TIME

Wednesday 3<sup>rd</sup> July 2019  
9.30am-12.30pm

### WHAT TO EXPECT

- Adult Learning
- Morning Tea

### VENUE

Uniting Church Salisbury  
59-61 Park Terrace, Salisbury

This workshop explores the importance of our own resilience and supporting others to recognize their capacity to bounce back from adversity and loss. The Commonwealth Home Support Programme promotes independence through physical and emotional wellbeing, social participation and access to the community. Resilience skills enable people to do so.

Investigate a range of models and frameworks to strengthen your Resilience practices or deepen the skills you already have to improve your approach with the people you work with.

Together we will reflect on how to work with your character strengths and foster gratitude. You will enhance skills and identify strategies to support older people and carers to focus on their own wellbeing and resilience.

Prior to attending complete the VIA Character Survey on line and bring it with you.  
<https://www.viacharacter.org/www/Character-Strengths-Survey>

RSVP to [reception@nvsa.org.au](mailto:reception@nvsa.org.au)

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