



REFLECTIVE PRACTICE FOR SUPPORT WORKERS

THIS DYNAMIC WORKSHOP HELPS SUPPORT WORKERS REFLECT ON HOW THEIR PERSONAL, CULTURAL, AND PROFESSIONAL HISTORIES SHAPE THE WAY THEY ENGAGE WITH CLIENTS. THROUGH GUIDED REFLECTION, SHARED DISCUSSION, AND PRACTICAL TOOLS, YOU'LL BUILD SKILLS TO IMPROVE COMMUNICATION, STRENGTHEN PROFESSIONAL BOUNDARIES, AND DELIVER AUTHENTIC, PERSON-CENTRED CARE

UNDERSTAND YOUR INFLUENCE

RECOGNISE HOW YOUR OWN BACKGROUND AFFECTS COMMUNICATION, DECISION-MAKING, AND RELATIONSHIPS WITH CLIENTS

MANAGE PERSONAL TRIGGERS

IDENTIFY HOW YOUR EXPERIENCES AND EMOTIONS MIGHT INFLUENCE YOUR SUPPORT WORK AND MAINTAIN HEALTHY BOUNDARIES

CHALLENGE ASSUMPTIONS & BIASES

REFLECT ON YOUR PERSONAL VALUES AND HOW THEY ALIGN OR CONFLICT WITH THOSE YOU SUPPORT

WHY SHOULD I ATTEND?

- REDUCE STRESS & PERFORMANCE ANXIETY
- IMPROVE PROFESSIONAL RELATIONSHIPS
- BUILD RESILIENCE
- STRENGTHEN PERSON-CENTRED SUPPORT



MONDAY 20TH
OCTOBER, 2025



10 AM - 2:30 PM



BOTANIC RIDGE FAMILY
& COMMUNITY CENTRE
10 ECHIDNA PARADE, BOTANIC
RIDGE VIC 3977



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BOOK NOW AND INVEST IN YOUR
PROFESSIONAL GROWTH!

CONTACT US TO DISCUSS A BESPOKE
WORKSHOP FOR YOUR TEAM