



**WEDNESDAY 5 MARCH 2025**  
**9:00AM- 3:30PM**

## **Disaster Recovery and Resilience | Peer Support Training workshop**

Fradgley Hall Community Centre, Park Avenue, Burleigh Heads

**A disaster recovery and resilience event for health professionals and those who work in the recovery space.**

### **Facilitators:**

- **Dr Jacqueline Drew | Associate Professor, Griffith University**
- **Dr Jacob Keech | Lecturer, Griffith University**

### **Topics include:**

- What is peer support in an organisational context?
- The role of peer support: How does it fit within a broader organisational response to critical incidents and other workplace experiences that impact on employee wellbeing?
- Enacting and navigating the role of a peer supporter: Boundaries; confidentiality; and scope.
- Mental health literacy in the context of peer support: Understanding mental health; burnout; psychological distress; and suicide amongst colleagues.
- Building peer support skills: The fundamentals of communication exchange between peer supporters and those who they are supporting (having effective wellbeing conversations and supporting peers to develop plans to improve and maintain their wellbeing).
- What about you? Looking after yourself when you are a peer supporter.

**Morning tea and lunch will be provided.**

**Places are limited – register today to secure your spot.**

### **RSVP**

For more information or to register, visit the website -

<https://gcphn.org.au/events/disaster-recovery-and-resilience-peer-support-training-workshop/>



**Scan here**