

Disaster Recovery and Resilience Green X 7

Event details

Date: Tuesday 10 February 2026

Time: 9 am - 12 pm

Location: Mudgeeraba Community Centre, Firth Park, Somerset Drive, Mudgeeraba.

Topics covered

During this session you'll complete a guided self-assessment to see where you're thriving, coping, or simply getting by across key areas of life like sleep, mindset, purpose, nutrition, and relationships. Discover how different parts of your life connect and contribute to your overall wellbeing and what you can do when your battery runs low.

This session is ideal for professionals, particularly those involved in frontline, crisis response, disaster recovery, community engagement, and those supporting others through challenging times.

Learning Outcomes

- Take ownership of your personal wellbeing.
- Create healthier habits that stick.
- Feel more connected to yourself and others.
- Understand your energy and how to manage it.
- Support yourself (and those around you) in challenging times.
- Build resilience and thrive, at home, at work, and in your community.

Scan here to register



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