

# Building Resilience and Wellbeing -

*Thriving through the pressures of healthcare*

## Virtual Workshop

Are you finding it challenging to maintain your own wellbeing while supporting your team? Do you foster an environment where your team feel supported, heard and empowered?

As a healthcare leader, your wellbeing and resilience directly influence the culture and effectiveness of your team. In this interactive workshop, we'll explore approaches to managing stress, preventing burnout and promoting a culture of psychological safety and wellness.

**This practical, virtual workshop will support you as a leader to:**

- Recognise challenges faced by healthcare leaders and their impact on resilience
- Identify early stages of stress and burnout
- Develop strategies to prioritise personal wellbeing with leadership demands
- Set boundaries to protect personal time while staying accessible
- Develop skills to support team members to build resilience and manage stress

### Sharpening Your Leadership Skills Workshops

Whether you are an emerging, new or experienced leader, our virtual workshops will equip you with the knowledge and practical tools to enhance your leadership capacity and capability.

**To register use the QR code or visit our website.**



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**www.studergroup.com.au/events**



**Studer Group**

### VIRTUAL WORKSHOP DETAILS

**Date:** Thursday 26th March 2026

**Time:** 10:00am - 12:00pm (AEDT)

**Price:** \$235\*

**This virtual workshop will include:**

- Handouts
- Keynotes, discussions and practical tools
- Live chat opportunities to ask questions and share experiences
- **Earn up to 2 CPD points**

**The workshop will be held using the Teams platform**

\* Group registration discount of \$35/pp for three or more participants from the same organisation. Apply the coupon code "syls35" at checkout.

