

Using ACT to invigorate your career mojo and work effectively with clients who have lost their career spark.

Description:

Many counselling and health professionals are familiar with ACT as it applies to counselling for personal growth and dealing with life challenges. This workshop uses the core principles of ACT to explore career meaning, satisfaction and choice.

Health and counselling professionals spend their working lives supporting their clients to make positive life decisions and changes. We know that reflection as a health or helping professional is an important part of professional self-care. Yet how often do we take the opportunity to truly reflect on our own career pathway and working lives?

In this fun and interactive workshop, we will explore what it takes for you personally to create or rebuild a renewed sense of satisfaction in your working life - at any stage. This will also be highly valuable for professionals who work with clients who may have lost their career “mojo” for any reason.

Learning / Participation Outcomes:

Using a career development and decision-making framework, we will explore different ACT related tools and strategies, as well as various Constructivist and Psychometric tools; we will workshop using these tools for career decision making and reflection and discuss how these might work in different client populations. Participants will enjoy investigating their own career satisfaction drivers and gain useful insights and skills to use with their clients.

About the Presenters

Jacqui Rochester and Kathleen Cremer are highly experienced registered psychologists, based in a successful, longstanding private practice in Brisbane. Collectively they bring extensive experience in all areas of careers and vocational counselling and coaching in a range of settings. This includes: many years in university careers and counselling services, consulting to industry and government, private practice for career change and development, rehabilitation and injury management, training and group facilitation. Both were early adopters of ACT and have seen the evidence of its transformative role in its application to healthy and positive career decision-making and outcomes.

- ❖ **Jacqui Rochester:** www.jrochester.com
- ❖ **Kathleen Cremer:** www.goodtherapy.com.au/kathleen_cremer

Who should attend:

- Career counsellors and coaches
- Health and rehabilitation professionals
- Case managers
- School guidance officers
- Social workers
- Psychologists
- Anyone working clients who need to explore their careers

Where & when:

Melbourne: Thursday 16 August 2018 9-4.30 PM
Venue: IBIS Melbourne Hotel and Apartments, Therry St Melbourne

Hobart: Friday 31 August 2018 9-4.30 PM
Venue: To be advised

Brisbane: Monday 26th November 9am-4.30pm
Venue: To be advised

Costs and booking conditions:

Early Bird: (by 8 July 2018 - Hobart & Melbourne)	\$335
Early Bird (by 30 Sept 2018 – Brisbane)	\$325
Special Members Rate: ASORC; APS, CDAA: AASW	\$335
Standard Rate:	\$355
Student rate	\$325

(Incl GST)

- Cancellations will only be accepted in writing. Up to 60 days in advance of event full refund less administration fee of \$100. From 60 days – 1 month is 50% refund. From 1 calendar month prior to event no refund applicable due to event costs. Registrations are fully transferable to another party in the event that a participant is unable to attend. Unfortunately, no responsibility can be accepted for unexpected events or contingencies which mean a participant cannot attend.
- Morning and Afternoon Tea and Lunch will be included. Please advise of any special dietary requirements at the time of booking on the registration form.
- Certificates of Attendance will be emailed to you following the workshop.
- All courses are run subject to minimum numbers.
- Full payment is required to secure your registration.

How to enroll: Please go to www.jrochester.com/workshops.html and download either the printable or fillable version of the registration form. Please then email the form to: workshop@jrochester.com

Contact Details:

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