



# Logan Women's Health & Wellbeing Centre

## Training and Workshop Calendar 2012

Date	Course Description	Cost	Time
Friday March 30 2012	<b>Frontline Communication</b> - "Your communication is as good as the results you are getting". This one day training empowers front line staff to immediately and effectively deal with difficult people and situations with compassion and confidence.  NEW FORMAT	\$99 per person  Includes Lunch	9am—4pm
Saturday March 31 2012	<b>Wake Up Your Wellbeing</b> — Giving you the tools to be happy and healthy. Enjoy the thrill of making a delicious treat for all to share.	\$88 per person  Includes Lunch	10am-2pm

Date	Course Description	Cost	Time
Friday April 20 2012	<b>Working with Wellbeing 1—Physical Health and Vitality.</b> This highly motivational workshop examines lifestyle information, identifies barriers to change and assists participants to set realistic yet inspiring goals for their health and lifestyle.	\$88 per person  Includes Lunch	9am-1pm
Saturday April 28 2012	<b>Vegetarian Cooking</b> — Learn how to add fibre to your diet using pulses, herbs and spices. Discover new foods and how easy they are to cook and delicious they taste. Then celebrate over lunch!	\$88 per person  Includes Lunch	10am-2pm

Date	Course Description	Cost	Time
Friday May 18 2012	<b>Working with Wellbeing—Mental Health at Work—</b> is designed to help create work/life balance .Practical strategies and tools are given to improve mental health at work	\$88 per person  Includes Lunch	9am-1pm
Saturday May 26 2012	<b>Cooking and Shopping on a budget—</b> Learn to create a base recipe that can make many dishes. You will plan your weekly menu and budget for it in a fun and friendly manner while participating in the cooking demo.	\$88 per person  Includes Lunch	10am-2pm



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Date	Course Description	Cost	Time
Friday June 22 2012	<b>Working with Wellbeing 3—Emotional Health – Sustaining Resilience at Work</b> – this session explores psychological strategies for developing personal resilience to deal with challenging work environments.	\$88 per person  Includes Lunch	9am—1pm
Saturday June 30 2012	<b>Special Needs cooking</b> — gluten free, diabetic and lactose free cooking. Sounds dreary? Well you will be really surprised at how tasty and easy it is to prepare these meals. share.	\$88 per person  Includes Lunch	1am-2pm

Date	Course Description	Cost	Time
Friday July 20 2012	<b>Working with Wellbeing 4—Relating in the Workplace– Managing the good, the bad and the ugly</b> – learn to develop strategies for sensitively managing positive workplace relations from both the individual and workplace perspective.	\$88 per person  Includes Lunch	9am-1pm
Saturday July 28 2012	<b>Vegetarian Cooking</b> – Learn how to add fibre to your diet using pulses, herbs and spices. Discover new foods and how easy they are to cook and delicious they taste. Then celebrate over lunch!	\$88 per person  Includes Lunch	10am-2pm

Date	Course Description	Cost	Time
Friday August 31 2012	<b>Working with Wellbeing 5—You and Your Finances</b> - although many people working in community services are motivated by love not money, this workshop looks at the money aspect of community work and teaches how to easily maximise your hard earned \$\$.	\$88 per person  Includes Lunch	9am-1pm
Saturday- Sept 1 2012	<b>Sweet Tooth</b> - Discover a range of alternatives to ice cream and cream and learn how to make a healthy low sugar, low calorie cake and a delicious lunchbox slice.	\$88 per person Includes Lunch	1am-2pm



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Date	Course Description	Cost	Time
Friday Sept 22 2012	<b>Frontline Communication</b> - "Your communication is as good as the results you are getting". This one day training empowers front line staff to immediately and effectively deal with difficult people and situations with compassion and confidence.	\$99 per person Includes Lunch	9.30am—4.30pm
Saturday Sept 29 2012	<b>Condiments Cravings</b> — Add that little bit extra to your cooking by making your own Pesto, Roast Capsicums, Chutney, Salsa and Relish to enhance any meal. Simply the best way to make easy food tasty and nourishing.	\$88 per person Includes Lunch	10am-2pm

Date	Course Description	Cost	Time
Friday October 19 2012	<b>Working with Wellbeing 1&amp; 2—Physical Health and Vitality</b> is highly motivational workshop examining life-style information and identifies barriers to change. It assists participants to set realistic yet inspiring goals for their health and lifestyle. <b>Mental Health at Work</b> —is designed to help create work/life balance .Practical strategies and tools are given to improve mental health at work	\$88 per person per Workshop Includes Lunch \$88 per person per Workshop	9.am-1pm  2pm-6pm
Saturday Oct 27 2012	<b>Healthy Mums, Healthy Bubs</b> —Complete nutrition for the optimum pregnancy & birth experience	\$88 per person Lunch Incl.	10am-2pm

Date	Course Description	Cost	Time
Friday Nov 23 2012	<b>Working with Wellbeing 3&amp;4 -Sustaining Emotional Resilience at Work</b> – explores psychological strategies for developing personal resilience to deal with challenging work environments. <b>Relating in the Workplace– Managing the good, the bad and the ugly</b> – learn to develop strategies for sensitively managing positive workplace relations from both the individual and workplace perspective	\$88 per person Includes Lunch	9am-1pm  2pm-6pm
Friday Nov 30 2012	<b>Working with Wellbeing 5 -You and Your Finances-</b> although many people working in community services are motivated by love not money, this workshop looks at the money aspect of community work and teaches how to easily maximise your hard earned \$\$.	\$88 per person Includes Lunch	9am-1pm