



## Wellbeing Webinar Series – Converge International

We are delighted to share with you the 2022 Wellbeing Webinar Series. Each session offers different insights and strategies for supporting our own and others' wellbeing. We encourage you to share this information with your teams and register for the live sessions.

Hosted by Converge International, these seminars are open to all Diocese of Ballarat Catholic Education employees. A recording of each seminar will be published and available for 30 days following each session.

For more information, please contact Tania Lund, Staff Wellbeing and Engagement Advisor (Catholic Education Ballarat) [via email](#) or on 0492 235 140.

**"HEALTH IS A STATE  
OF BODY. WELLNESS  
IS A STATE OF  
BEING."**

– J.Standard

### Session 1: R U OK?

**When: Monday 5 September 2022, 4:00pm – 5:00pm**

This seminar-webinar aims to give employees the framework, tools, and language to help facilitate supportive conversations and inspire a collegial culture in the workplace. We will use case scenarios to explain the steps to more effective check in conversations.

- **Part 1:** Being a caring and compassionate colleague.
- **Part 2:** How to have courageous conversations about wellbeing.
- **Part 3:** Where to access further support.
  - Facilitated by Coco Nkrumah
  - [Click here to join the meeting](#)
  - Participants are invited to [submit feedback](#) following attendance at this seminar

### Session 2: Maintaining Motivation

**When: Thursday 15 September 2022, 4:00pm – 5:00pm**

- Learn what contemporary research tells us about the psychology of motivation
- Reflect on your own motivation and drivers
- Tips and strategies to increase motivation
  - Facilitated by Coco Nkrumah
  - Access the [participant handout](#) ahead of the session
  - [Click here to join the meeting](#)
  - Participants are invited to [submit feedback](#) following attendance at this seminar

### Session 3: Dealing with Technology Stress

**When: Thursday 13 October 2022, 4:00pm – 5:00pm**

- Define technology stress and its consequences
- Learn about the 4 common types of technology stress
- Dealing with the daily demands of technology in the workplace
- Learn tips to make technology work for you
- Learn where to access further support
  - Facilitated by Coco Nkrumah
  - Access the [participant handout](#) ahead of the session
  - [Click here to join the meeting](#)
  - Participants are invited to [submit feedback](#) following attendance at this seminar

### Session 4: Growth Mindset

**When: Monday 24 October 2022, 4:00pm – 5:00pm**

- Understand the difference between growth and fixed mindsets
- Learn how our mindset can help us to create stability during challenging times
- Discover how you can connect to your mindset to achieve your desired outcomes
- Highlight how to maintain resilience for self and for the team
- How to access further support
  - Facilitated by Coco Nkrumah
  - Access the [participant handout](#) ahead of the session
  - [Click here to join the meeting](#)
  - Participants are invited to [submit feedback](#) following attendance at this seminar

### Session 5: Mental Fitness

**When: Thursday 10 November 2022, 4:00pm – 5:00pm**

- Discover the difference between mental health, mental wellbeing, and mental fitness
- Discover mental fitness 'set point theory' and its relationships to lifetime wellbeing
- Understand the interplay between life stress, wellbeing, and mental fitness
- Discover the 4 domains of mental fitness and how these differ from person to person
- Learn tips to improve your mental fitness
- Understand how your unique routines and disciplines can strengthen your mental fitness
  - Facilitated by Coco Nkrumah
  - Access the [participant handout](#) ahead of the session
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  - Participants are invited to [submit feedback](#) following attendance at this seminar