

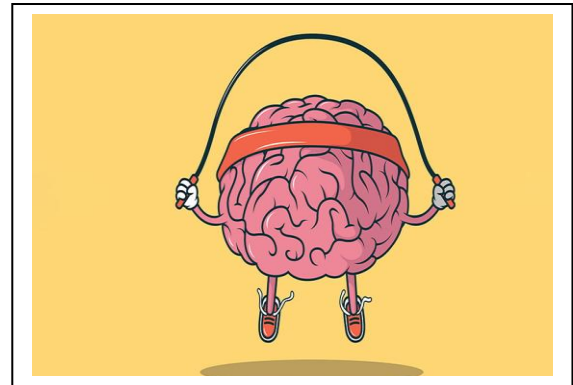


## Wellbeing Webinar Series – Converge International

This week is the final session of the 2022 Wellbeing Webinar Series. We encourage you to share this information with your teams and register for the final live session.

Hosted by Converge International, the seminar is open to all Diocese of Ballarat Catholic Education employees. A recording of each seminar will be published and available for 30 days.

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



### 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
  - [Click here to join the meeting](#)
  - Participants are invited to [submit feedback](#) following attendance at this seminar

**Access recordings of previous sessions (available for 30 days)**

### Maintaining Motivation

- Learn what contemporary research tells us about the psychology of motivation
- Reflect on your own motivation and drivers
- Tips and strategies to increase motivation
  - This webinar was held on 15 September, watch the recording of this webinar [here](#)
  - Access the [participant handout](#)

## Dealing with Technology Stress

- 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
  - This webinar was held on 13 October, watch the recording of this webinar [here](#)
  - Access the [participant handout](#) ahead of the session

## Growth Mindset

- 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
  - This webinar was held on 13 October, watch the recording of this webinar [here](#)
  - Access the [participant handout](#) ahead of the session