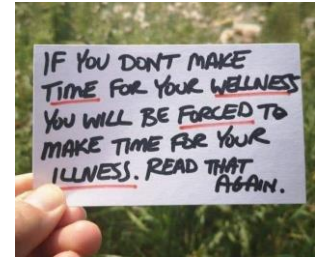




Wellbeing Webinar Series – Converge International

This series of wellbeing seminars offers different insights and strategies for supporting our own and others' wellbeing. We encourage you to access the recordings as may be personally beneficial.

For more information, please contact Ange Jones, Assistant Director People and Development (Catholic Education Ballarat) [via email](#) or on 0400 831 040.



Access recordings of previous sessions (available for 30 days)

Dealing with Uncertainty

This practical seminar explores the impact and our responses to uncertainty during change, difficult situations or external circumstances. Participants will learn strategies to manage their own thoughts, feelings and behaviour when experiencing uncertainty.

- This webinar was held on 30 July, watch the recording of this webinar [here](#)
- Access the [participant handout](#)

Compassion Burnout

This seminar enables participants to understand the early signs of stress, burnout, and compassion fatigue in their work context. Practical strategies to prevent and/or manage these conditions will be discussed and encouraged as part of each individual's wellbeing strategy.

- This webinar was held on 2 Aug, watch the recording of this webinar [here](#)
- Access the [participant handout](#)

Building Resilience

In this seminar resilience is explored including the five keys to resilience, the link between resilient people and resilient workplaces, and tips to build resilience.

- This webinar was held on 9 Aug, watch the recording of this webinar [here](#)
- Access the [participant handout](#)

Thriving Under Pressure

Stress is an unavoidable part of life. By learning to stress better, not less, we can have more productive and meaningful lives. This seminar draws on Positive Psychology principles that can help you create a more satisfying life filled with meaning, pleasure, engagement, connection, and accomplishment.

- This webinar was held on 16 August, watch the recording of this webinar [here](#)
- Access the [participant handout](#)

Recovering from Difficult Situations

Difficult situations and uncertainty can rock our self-evaluation of our value and worth. This seminar explores common responses to difficult situations and offers practical strategies to respond and build resilience.

- This webinar was held on 23 Aug, watch the recording of this webinar [here](#)
- Access the [participant handout](#)

Looking After Yourself and Others Post-Crisis

In this seminar explore the normal reactions to crisis events, gain knowledge of practical and effective approaches to supporting others and be introduced to self-care strategies. Be informed of options to seek further help.

- This webinar was held on 31 August, watch the recording of this webinar [here](#)
- Access the [participant handout](#)