

# BEING CURIOUS

## Outlines and Recordings of the Presentations

### The Wellbeing Lab

*Michelle McQuaid Ltd*

**Monday 2<sup>nd</sup> November 2020**

#### **Brief Description: How to Embrace Struggle**

To struggle is human. If you are living a full life and have a pulse, it's almost impossible to avoid experiencing struggle. Add in a global pandemic and most of the planet is experiencing struggles daily. How we think about and react to the inevitable human struggles, challenges and discomfort we all face has a profound impact on the extent to which we are able to feel good and flourish in our lives.

The reality is there is no avoiding struggle, so in this session we'll help you to understand how to struggle better – by understanding the value of struggle, how to proactively spot signs of struggle, confidently step into your struggles and get better outcomes when you do.

**Presenter:** Danielle Jacobs, Psychologist, Flourishing Leadership & Wellbeing Specialist

**Recording Link:** <https://vimeo.com/478359337/4ec406b48a>

#### **Resources:**

Free PERMAH Wellbeing Survey - <https://permahsurvey.com/>

The Wellbeing Lab 2020 – State of Wellbeing in Australian Workplaces - <https://www.michellemcquaid.com/product/wlab-2020-workplace-survey/>

<https://www.daniellejacobs.com.au/>

Wellbeing POD Casts and Cheat Sheets - <https://www.michellemcquaid.com/podcast-cat/podcast-wellbeing/>

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### The Little Things

*Meaningful Ageing Australia*

**Thursday 22<sup>nd</sup> October 2020**

#### **Brief Description:**

The Little Things are a ready-to-use training resource that deliver evidence – based training to develop personal carers skills to relate as they provide care to older Australians in aged care settings. This is ideal for trainers,

managers or senior staff working in aged care organisations who wish to train their personal care workforce to develop their ability to relate to older people as they attend to practical aspects of care.

Particularly relevant to organisations that train or employ a culturally and linguistically diverse workforce.

**Presenter:** Pip Mackey, Lead Trainer & Researcher

**Recording Link:** <https://vimeo.com/476985122/1533cd6988>

**Resources:**

<https://meaningfulageing.org.au/>

<https://meaningfulageing.org.au/the-little-things/>

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## Insights into Better Consumer Engagement

### *The Plug-in (COTA SA)*

Thursday 6<sup>th</sup> August 2020

**Brief Description:**

COTA SA's social enterprise The Plug-in, is a specialist consumer engagement and insights consultancy which connects people aged 50+ with government, business, industry and researchers who want to understand them better. The Plug-in has delivered numerous projects for clients across a wide range of sectors, all with a strong focus on how organisations can engage better with their older customers. This presentation will impart some of their top line insights for engaging effectively with older people, drawn from The Plug-in project case studies, and will be of interest to anyone aged 50+, and to any organisation who wants to connect, engage with and understand people over 50 better.

**Presenters:** Miriam Condon, Project Manager

**Recording Link:** <https://vimeo.com/450968674/1e3afe6379>

**Resources:** <https://theplugin.com.au/>

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## Physical Activity: Foundation to active ageing

### *Active Ageing Australia*

Wednesday 29<sup>th</sup> July 2020

**Brief Description:**

Best practice approaches for supporting older adults to keep moving for life.

This presentation will provide an overview of Active Ageing Australia's programs, training and resources available to support your organisation to provide safe and effective services and support to optimise older people's independence, health, well-being and quality of life.

**Presenter:** Judy Ross, Education & Resource Development

**Recording Link:** <https://vimeo.com/449488032/98801de21b>

**Resources:** <https://activeageing.org.au/>

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## Engaging the workforce in integrated spiritual care

### *Meaningful Ageing Australia*

Thursday 23<sup>rd</sup> July 2020

**Brief Description:**

Meaningful Ageing Australia Inc. is the Australian national peak body for spiritual care and ageing, advocating for spiritual care to be included in all care settings. MAA use evidence-informed actions to enable high quality spiritual care for all older people. The session will showcase some of the most effective ways to bring down barriers and engage teams in this vital component of holistic care. The presentation will be interactive and includes seeing some of their most loved videos.

**Presenter:** Kim Thoday, Educator and Senior Consultant

**Recording Link:** <https://vimeo.com/449488648/0232d6f4b5>

**Resources:**

<https://meaningfulageing.org.au/>

<https://meaningfulageing.org.au/see-me-know-me/>

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## Forgotten Australians Aged Care Project

### *Helping Hand & Relationships Australia SA*

Tuesday 23<sup>rd</sup> June 2020

**Brief Description:**

This project aims to increase awareness about and meet the ageing needs of a group of people who were harmed in State and Institutional care during their childhood.

**Presenter:** Luci Lovelock & Fran Lovell

**Recording Link:** <https://vimeo.com/437700494/1f412c02b2>

**Resources:**

<https://www.helpinghand.org.au/wp-content/uploads/2019/01/Positioning-Statement-Forgotten-Australians.pdf>

<https://www.helpinghand.org.au/forgotten-australians-guide-launch/>

<https://www.rasa.org.au/forgotten-australians-aged-care-project/>

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## Opening Doors

### *Ageing 2.0 Adelaide*

**Thursday 11<sup>th</sup> June 2020**

**Brief Description:**

The role of Ageing 2.0 Adelaide is in enabling entrepreneurial innovations in longevity and ageing. It will open doors for providers who want to move from providing services specified by the aged care program to ones that enable people to live their longer lives independently and productively. The presentation will talk about entrepreneurial activity and the construction of new ecosystems, ecolabs and living labs that bring new players together to create viable and innovative solutions. Some examples and opportunities will be presented. Providers will have a chance to discuss their strategic interests separate from their operational interests.

**Presenter:** Mike Rungie and Mark Ogden, Ambassadors

**Recording Link:** <https://vimeo.com/436616228/7255db48e4>

**Resources:**

<https://www.aging2.com/grandchallenges/>

<https://www.aging2.com/adelaide/>

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## Reframing Retirement

### *Mindset for Life*

**Tuesday 26<sup>th</sup> May 2020**

**Brief Description:**

The Mindset for Life Taster session introduces the concept of rethinking retirement as a new phase of life, with as much possibility and potential as any other stage in life. The session is facilitated by peer facilitators who have or are navigating their own retirement.

**Presenter:** Stephen Merrett, Volunteer Peer Convenor

**Recording Link:** <https://vimeo.com/433479724/950c37255f>

**Resources:** <https://mindsetforlife.com.au/>

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## Moving Towards Wellness through Self-Management

### LEAP SA

Wednesday 29<sup>th</sup> April 2020

**Brief Description:**

This session will present an overview of the courses and workshops that LEAP SA have developed since 2012. The courses sprang from a need to create effective pain management and chronic disease management for people and be an available resource to service. An interactive & informative presentation will explore the interconnection of a range of practices and approaches to strengthen older people's capacity to self-manage.

**Presenters:** Jenny Bennett & Vivienne Tomlinson

**Recording Link:** N/A

**Resources:** <http://www.leapsa.net.au/org/leapsa/>

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<https://www.agedservicesworkforce.com.au/events/list/>

These are FREE EVENTS for CHSP & Disability Workforce.