

## **Conference: Emotional Resilience and Wellbeing in Social Work**

Helping social care professionals from across the Teaching Partnership of South-West London and Surrey to develop and implement skills and techniques around emotional resilience and wellbeing.

## Friday 27th September 2019 (09:30-13:30) Chaucer Centre, Canterbury Road, Morden SM4 6PX

Time	Item	Facilitator
09.00-9.30	Registration and refreshments	Penny Heighes (TP Admin Support)
09.30-09.45	Welcome and review since last conference	Sue Lansley (TP Social Work Lead)
09.45-11.00	Vicarious trauma and restorative group supervision - presentation and interactive activity	Angela Killalea (PSW Sutton Children)and Rose Christopher (Clinical Psychologist, CAMHS, Sutton Children)
11.00-11.15	Refreshment break	
11.15-12.15	Self care, work/life balance and mindfulness - interactive activities	Mandy Hagan (Here & Now Training)
12.15-12.30	Next steps and close	Sue Lansley
12.30-13.30	Lunch and networking	

## Sign up on Eventbrite here:

https://emotionalresilienceandwellbeingconference.eventbrite.co.uk



## **CONTACT US**







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Or scan the QR code: