



Resisting Burnout with Justice-Doing *with Vikki Reynolds*

1 DAY WORKSHOP FOR FOUNDATION HOUSE STAFF

This invigorating and powerful workshop for Foundation House staff offers an alternative approach to the notion of worker burnout. Those working with people struggling with poverty, violence and oppression are often told that they will “burn out”. Contrary to this is the story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allows us to work congruently with our ethics. This experiential workshop will address our collective ethics and practices of Collective Care as opposed to self-care. Workers will be invited to begin to build their own “Solidarity Team”; examining who stands alongside them, what ideas and practices sustain them, and how they might access support when burnout attacks.

CONTENT INCLUDES

- Increased understanding of prescriptive story of “burnout” and explore ways to collectively honour our own resistance to unjust ways of working.
- Explore and map stories of sustainability, and the influence of ideas and practices of social justice in our work.
- Opportunity to begin to build own “Solidarity Team” (who can stand alongside, provide sustaining ideas and practices and offer support when burnout attacks).
- Explore collective ethics and practices of Collective Care as opposed to self care.



DATE

Wednesday, 31 May 2017

TIME

9.30 am - 4.30 pm

[Includes Morning Tea, Lunch & Afternoon Tea]

VENUE

Treacy Centre
126 The Avenue, PARKVILLE 3052

PARKING

On weekdays between 7:30am and 6:30pm, up to 11-hour metre parking is available on The Avenue (park side) and Walker Street at \$0.80 per hour. Please bring exact money for this purpose as metres do not give change. Royal Parade also offers limited parking. Parking is also available at the Zoo car park located closest to The Avenue, situated on Elliot Avenue, which is only a short walk from the Conference Centre. Cost is \$2.00 for 5 hours.

PUBLIC TRANSPORT

Tram

Tram 19 from Elizabeth Street to Walker Street, (stop 16), is a quick, pleasant and easy ride from the city.

Train

The Upfield Train will take you to Royal Park Station. This train runs from all city stations, at intervals of 20 minutes.

The victrip time table is available online at: www.victrip.com.au/timetables.

GENERAL ENQUIRIES

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