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**Professional Resilience and Wellbeing: Sustainable Occupation for OTs**

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Professional Resilience is the capacity to stay energised, optimistic and maintain clarity of thought in the presence of professional challenges or personal stress. Ensuring that Occupational Therapists develop a sustainable professional life for themselves within the complex healthcare system, whether as a clinician or leader, requires high levels of energy, wellbeing, resilience and excellent self leadership skills.

The strong commitment of health workers to their professional roles can take a toll on personal wellbeing. Research on professional burnout indicates burnout and occupational stress is on the rise amongst health professionals. Stress related illness is an increasing occupational health and safety issue for organisations and coupled with workforce retention issues, can impact on the workforce's ability to support and manage change within the workplace.

The development of professional resilience and excellent self leadership, along with enhanced emotional intelligence, are protective strategies against professional burnout. Contemporary wisdom drawn from the corporate fields in leadership, neuroleadership and energy management, brain and neurosciences, eastern and spiritual philosophies and mindfulness provide evidence based and innovative ways to enhance professional wellbeing.

The key areas covered in the workshop include:

- Common challenges to professional resilience amongst health professionals
- Positive Self Leadership
- Stress Management
- Energy Management
- Emotional Intelligence for the Workplace
- Mindfulness, Being and Personal Spirituality

Professional resilience has been a neglected field as until recently there has been little awareness of how to strengthen it in proactive ways. This personally authentic, entertaining and interactive workshop brings a fresh perspective to this essential issue.

Learning Objectives:

Deepen awareness of common professional and personal challenges to resilience for health professionals

Explore evidence based strategies that guide strengthening professional resilience and wellbeing

Be inspired to make a renewed commitment to build a professionally sustainable occupation for Occupational Therapists.

Maximum Number of Participants - Unlimited