



Pre-Conference Workshop Program

Friday May 21st 2010

08.00 – 09.00	Registration
	Concurrent Workshop 1 – Self Care
	<i>The importance of self care in palliative care work</i>
09.00 – 10.15	Develop a shared understanding of 'self care' while exploring the implications of both doing and not doing 'self-care' when working in the palliative care field.
10.15 – 10.45	Morning Tea
	<i>Barriers to self care</i>
10.45 – 12.15	Identify the barriers that can 'trip us up' and prevent us from looking after ourselves in the work that we do.
12.15 – 12.45	Lunch
	<i>Strategies and resources for self care</i>
12.45 – 14.15	Identify self-care strategies that have worked for us in the past when potential barriers may have been 'looming' and any resources that may have useful at that time.
14.15 – 14.30	Afternoon Tea
14.30 – 16.00	<i>Planning for future self care</i> Further content TBA
	Concurrent Workshop 2 – Team Work
	<i>The importance of teamwork in palliative care</i>
09.00 – 10.15	Develop a shared understanding of 'teamwork' while exploring the implications of both doing and not doing 'teamwork' when working in the palliative care field.
10.15 – 10.45	Morning Tea
	<i>Barriers to teamwork</i>
10.45 – 12.15	Identifying the barriers that can 'trip us up' and prevent us from working as a team in the work we do.
12.15 – 12.45	Lunch
	<i>Strategies and resources for teamwork</i>
12.45 – 14.15	Identify 'teamwork' strategies that have worked for us in the past when potential barriers may have been 'looming' and any resources that may have been useful at the time.
14.15 – 14.30	Afternoon Tea
14.30 – 16.00	<i>Planning for future teamwork</i> Develop plans that will assist us in creating a team approach to our future work in palliative care.