

2025

Workforce Wellbeing ECHO

What keeps us healthy & resilient at work?

FREE EDUCATION

Goulburn Valley Health's Workforce Wellbeing program is for all staff interested in looking after their own and other's wellbeing.

By becoming involved you will be able to:

- Gain knowledge to help support those in your team
- Learn skills to implement into your day-to-day life
- Develop strategies to support yourself

In the session you will:

- Undertake interactive activities
- Get a chance to ask questions
- Hear your suggestions for improvement

What is Project ECHO®?

Extension of Community Healthcare Organisations (ECHO) is an "all teach, all learn" approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

WHEN: Fortnightly sessions held on Tuesdays from 12.00pm to 1.00pm via Zoom

WHO: All Staff of Goulburn Valley Health welcome to join all or part of any session

COST: Free

JOIN ZOOM: <https://bit.ly/3uwaoUP>

REGISTER: JAMHECHO@gvhealth.org.au

18-Feb-25	Education along the career continuum to support workforce wellbeing – an Allied Health experience	Ms Dana Sfetcopoulos & Kate Brooks Allied Health Clinical Educators, Allied Health Education, GV Health
4-Mar-25	How do we ask for help from each other? The thinking together tool	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
18-Mar-25	Work-Life balance - exploring the juggle between family and work	Ms Paige Harbor Psychiatric Nurse Consultant, Nursing Staff Development, GV Health
1-Apr-25	Anxiety and Work	Ms Sharon Des Landes, Psychological Clinical Educator, GV Health
29-Apr-25	NatureWise - Nature Scripts and Nature Dosing	Ms Alison Hill Director and Executive Officer People & Parks Foundation
13-May-25	CUSS Your Colleagues- How can we offer help without offence?	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
27-May-25	PTSD - Work Related Traumatic Exposure and Vicarious Trauma	Ms Sharon Des Landes, Psychological Clinical Educator, GV Health
10-Jun-25	TBA	People Development & Safety, GV Health
24-Jun-25	Healthy Relationships at Work and Home	Ms Robyn Hucker, General Manager, Headspace Shepparton



New attendees welcome at any time – regular attendance not required. For more information visit GV Health website.

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22-Jul-25	The Disintegration Grid to Support Communication	Ms Melissa Metcalf Senior Mental Health Nurse & Ms Nicole Ryan Clinical Nurse Educator Nursing Staff Development, GV Health
5-Aug-25	Supporting Workforce	Ms Cathy Scott - Director Nursing & Midwifery Education- GV Health
19-Aug-25	TBA	People Development & Safety
2-Sep-25	Coaching & the Grow model	Ms Donna Markham, Director - Disequilibrium
16-Sep-25	TBA	TBA
28-Oct-25	TBA	TBA
14-Oct-2025	TBA	People Development & Safety
11-Nov-25	Pain Management Clinic	Ms Kristi Millott Exercise Physiologist, Chronic Pain Management Clinic—GV Health
25-Nov-25	Giving effective feedback - a 4 step model	Ms Paige Harbor Psychiatric Nurse Consultant, Nursing Staff Development-GV Health
9-Dec-25	TBA	TBA



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