

# Be Inspired Group Newsletter

Feb 2013, Issue 01



## Welcome

Welcome to the inaugural Be Inspired Group (BIG) newsletter. BIG had a successful 2012 clearly demonstrating there is a need for services that support a culture shift towards person centred and empowered practice. The Facilitating Health Behaviour Change Workshop (Introduction) proved very popular and was embraced by a number of leading organisations. In 2013, BIG will extend its range of services by offering the following new services:

- **Facilitating Health Behaviour Change Workshop (Intermediate)** that aims to further build the skills, knowledge and confidence of clinicians who attended the first Health Behaviour Change Introduction Workshop.
- **Coaching and mentoring support** for Health Professionals to assist them with implementing client centred care and behaviour change approaches in their workplace.
- **A new workshop around Consumer Directed Care** for clinicians and case managers, that provides practical skills and approaches for engaging and empowering consumers.
- BIG is also pleased to announce it is working in collaboration with **CBB Consulting** to deliver a full day training workshop that aims to assist managers within the Aged Care and Disability Sectors wanting information and strategies to help prepare them for the new era of consumer directed care. Please contact us for further details.

In addition, BIG will continue to offer consulting services and tailored training for organisations. BIG has a range of skilled professionals and resources available to support it. For further information, please visit our website or contact us directly.

We look forward to new challenges, establishing new partnerships and an exciting year ahead.

**Inspire & Be Inspired,**  
**Amanda Shields**

## Upcoming workshop Dates for 2013



### Facilitating Health Behaviour Change – Introduction Workshop

- March 19<sup>th</sup>, Anglicare, Port Adelaide
- April 30<sup>th</sup>, Asthma SA, Adelaide

### Facilitating Health Behaviour Change – Intermediate Workshop

- June 4th, Asthma SA, Adelaide
- August, TBA

### Preparing for a New Era of Consumer Directed Care

- May 21st May, CBB, Kensington

### Demystifying Consumer Directed Care – at the Coal Face

- July 23rd, CBB, Kensington



## Coaching

Coaching and mentoring is available for staff in client centred practice, chronic disease management and health behaviour change strategies. This can be provided as a service in itself or packaged with the training workshops for an individual or an organisation. This could include:

- Individual or small group coaching
- Telephone coaching
- Coaching in the workplace

## Facilitating Health Behaviour Change Intermediate Workshop

This new interactive workshop will build on the Facilitating Health Behaviour Change Introduction workshop. It will provide clinicians with a more in-depth look at Motivational Interviewing, and will provide new tools and strategies for helping clients to overcome cognitive and emotional barriers to change, with opportunities for skills development within the workshop. Please refer to our website for more details.

## Demystifying Consumer Directed Care

This new workshop aims to support clinicians and case managers to understand what consumer directed care is about and will provide practical strategies and skills they can use with clients. The workshop will also explore issues such as duty of care versus consumer choice and how to balance system requirements for goal setting and care planning, with consumer choice, readiness and understanding.

## Fundraising



Be Inspired Group is proud to embody and promote the importance of a sense of community.

Be Inspired Group has organised numerous charity fundraisers, raising over \$35,000 for local and international causes.

### Upcoming Event: Dance Party Fundraiser

**When:** Saturday April 6<sup>th</sup>, 7pm until 12am  
**Where:** North Adelaide Community Centre  
176 Tynte Street, North Adelaide  
**Tickets:** Adults \$18, Concession \$12 (Tickets limited to 100)  
Email Mark Marston to reserve tickets

The night will include a mix of Top 40 party music and Salsa music suitable for a variety of dancing styles. BYO drinks.

Funds raised will assist people affected by the recent Australian bush fires and floods. \$400 has been pre-given to Shoe Boxes of Love Inc.

## Vision: Inspire and Be Inspired



**Our mission** is to promote health and wellbeing within our community through a range of innovative and inspiring services and programs, within the following broad areas:

- Education & Training
- Consultancy Services
- Health/Life Coaching
- Occupational Therapy
- Fundraising Activities

*Driving Be Inspired Group (BIG) and our services is a culture based on:*

- Thinking BIG,
- Thinking outside the square
- Being innovative and creative
- Improving health services
- Making a real difference for consumers
- Delivering what we say we will
- Achieving quality results



**Contact us:**

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