

Be Inspired Group Newsletter

June 2013, Issue 2



Welcome to our winter newsletter edition. In this issue:

- Social networking evenings
- New and upcoming workshops
- Be Inspired Group Facebook page
- 9 tips for helping your clients make change
- Strength Cards available for purchase
- Fundraising activities

Be Inspired Group Social Networking Evenings

“An informal, social networking opportunity for people working within the health sector” Please join us for a relaxed and enjoyable winter evening meeting new people, expanding networks and sharing ideas and experiences.



Time: 5.15pm -7.30 pm
Date: 4th July 2013
Venue: The Maid (front bar)
1 Magill Road
Stepney SA

Drinks available at the bar,
nibbles provided.

Join our Facebook page to be notified of our monthly social networking evenings or check out our website.

New Workshops for Health Professionals

Motivational Interviewing and Building Motivation

for Change - This 3.5 hour workshop explores the concept of motivation for change and provides an introduction to Motivational Interviewing. Workshop includes the spirit of MI, explores ambivalence, stages of change, client centred communication skills, how to respond to resistance to change and provides some practical tools and experiential opportunities.

Resilience and Acceptance & Commitment Therapy

This 3 hour workshop explores strategies for helping clients build their resilience and psychological flexibility. The workshop also includes the ACT model, its key principles and some mindfulness and acceptance strategies that can be used to help people manage distressing thoughts, feelings and pain that effect their resilience and wellbeing.

Details of all our workshops are available at:

www.beinspiredgroup.com.au

Upcoming Workshop Dates for 2013

For Health Professionals

Facilitating Health Behaviour Change Introduction Workshop

- Sept 9th 8.45am - 4pm
Venue: Uniting Communities, City
- \$240 + GST

Facilitating Health Behaviour Change Intermediate Workshop

- September 30th, 8.45am - 4.30pm
Venue: Uniting Communities, City
- \$240 + GST

Motivational Interviewing and Building Motivation for Change

- August 19th, 3pm - 6.30pm
Venue: Arthritis SA, Marlestone
- \$140 + GST

Resilience and Acceptance & Commitment Therapy

- Sept 16th, 3pm - 6.30pm
Venue: Arthritis SA, Marlestone
- \$140 + GST

For Consumers

Building Positive Wellbeing

- 3 x 2 hours sessions, \$91 + GST
- Sept 3, 10 & 17, 6.30pm - 8.30pm
- Venue Arthritis SA, Marlestone



New Workshops for Consumers

Building Positive Wellbeing

This workshop is suitable for anyone interested in personal development and making change in their life to improve their health and wellbeing. The interactive workshop runs over 3 weeks, with a 2 hour session each week, that helps people to practically explore a range of issues including:

- Elements which contribute to health and wellbeing
- Exploring motivation
- Life balance and identifying important areas in life
- Exploring barriers to making change and strategies for overcoming them
- Tapping into personal strengths and values
- Goal setting strategies
- Mindfulness and stress management
- Option to create a vision board

Vision Boards - This can be provided as a one off workshop or a series of workshops for organisations, community groups or for students. It explores a range of topics including what a Vision Board is, life balance, giving priority to life elements that increase well being, aligning with personal values, utilising personal strengths, recognising and giving value to the wonderful things in life, setting realistic and achievable goals, managing setbacks and turning dreams into reality. Please contact us for further details.

9 Tips for helping your clients make change

...

Check out our latest blog which includes nine useful tips for helping your clients to make change and achieve positive outcomes.

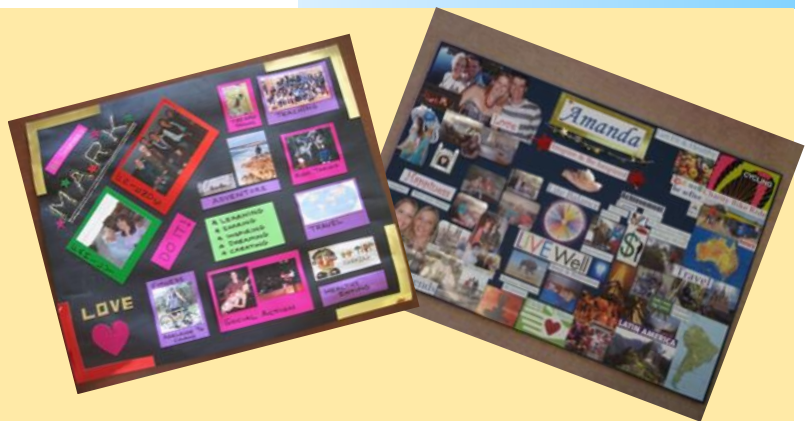


Strengths Cards available for purchase

Cards based on the VIA Signature Strengths. \$44 inc GST for 1 pack, \$80 inc GST for 2 packs. \$33 inc GST for additional packs. E.g. 4 packs = \$80 + \$33 + \$33 = \$146

Fundraising - Ride with a Vision

Be Inspired Group is proud to embody and promote the importance of a sense of community. Since 2009, our fundraiser events have raised over \$35,000 for a range of local and international causes.



Be Inspired Group is organising a four week fundraiser bicycle ride from Adelaide to Melbourne starting Oct 16th. Funds raised will go to the **Little Heroes Foundation**.



The centre piece of the fundraiser is to conduct “Kids with a Vision” workshops in Primary Schools to Year 3 -7 students. The workshop entails students thinking about and undertaking activities around personal values, gratitude and goal setting. Students will hopefully then create a personalised Vision Board. We are hoping hundreds of students will create Vision Boards and that we are able to raise enough funds to make a meaningful contribution to the Little Heroes Foundation.

To make a **tax deductible donation** (\$2 and over), please email admin@beinspiredgroup.com.au



Fundraising

Dance Extravaganza #8

- Performances
- Beginner Dance Classes
- Social Dancing
- Self Run Bar
- Raffle & Auction

When: Saturday September 28th, 7pm until 12am
Where: Burnside Ballroom, Greenhill Rd, Tasmore
Tickets: Adults \$25, Concession \$15
 Email Mark Marston to purchase tickets

The night will include a mix of Top 40 party music and Latin music suitable for a variety of dancing styles. Fun, social atmosphere, opportunity to see and learn something new.

Funds raised will assist Little Hero's Foundation, Rotary Club of Norwood and Shoe Boxes of Love Inc.

Be Inspired Group services available on request

Tailored Training

- Facilitating Health Behaviour Change
- Motivational Interviewing
- Strengths Based Practice
- Acceptance and Commitment Therapy
- Chronic disease self-management
- Consumer directed care
- Coaching and mentoring

Health/life Coaching

- One to one sessions with adults

Consulting

Be Inspired Group (BIG) can offer a broad range of consulting services to support organisations to embed quality client centred care, behaviour change and self-management support across their organisation. BIG consulting services can be offered as a comprehensive package or tailor made to suit your requirements.

Check out website for details

Be Inspired Group is on Facebook



Be Inspired Group is now on Facebook. You can keep up to date with our latest news including upcoming training courses, networking events, health and education news, regular positive affirmations and inspirational quotes as well as other health sector events and our fundraisers. It's an easy way to stay in touch.

www.facebook.com/BeInspiredGroupAustralia

"The path of life may be bumpy and uncertain at times, but with the right attitude it can be an adventure with unforgettable scenery leading to awesome destinations"
 - Amanda Shields



Photo: Amanda Shields
www.beinspiredgroup.com.au

Contact us:



www.beinspiredgroup.com.au

Amanda Shields

Amanda.Shields@beinspiredgroup.com.au

Mobile: 0410 799 075

Mark Marston

admin@beinspiredgroup.com.au

Mobile 0417 309 061