



OT AUSTRALIA NSW

Australian Association of Occupational Therapists - New South Wales

Leadership and Management for Health Professionals

18 August 2010

Sydney

Northcott Conference and Function Centre
1 Fennell St, Parramatta NSW

8.30am - 4.30pm each day

Cost: Members: \$275 (includes GST) **Non Members \$550** (includes GST)
Include comprehensive notes, equipment as well as morning tea, lunch, and
afternoon teas.

*A 10% discount if attending more than one of Michelle Bihary Workshop Series on 18th, 19th and 20th August

OVERVIEW

Highly developed self leadership skills form the foundation of a satisfying professional career. This workshop will provide detailed knowledge and practical skills in leadership of yourself and others. The workshop will also consider the relationship between leadership, management and an understanding of the dynamics of organisational life. This workshop has been tailored to meet the needs of health professionals who are seeking to develop their leadership skills at all levels of experience.

Participant Outcomes:

At the end of this workshop participants will have:

- Increased knowledge about key concepts of leadership and management
- Practical skills in self leadership, dealing with stress and burnout prevention
- Increased knowledge of how to use role modeling together with skills in managing up and down in the hierarchical system to positively impact on organisational functioning
- Familiarity with a simple model for strategic planning and leadership visioning, that can be used for building teams, motivation and dealing with challenges
- Practical skills and approaches for bringing out the best in others and building your leadership toolkit

About the Presenter: Michelle Bihary

Michelle is the Director of The Delta Centre, a multi-disciplinary therapy centre located in Malvern, Victoria. Michelle draws on twenty-seven years of experience working as an Occupational Therapist, Individual and Family Therapist. Over the 12 years Michelle worked in the Victorian public mental health system (1981 – 1993), she developed expertise in the assessment, case management and treatment of a range of clients with mental health issues. As a team leader and Manager, she developed extensive experience in leadership within the public health sector. For the past fifteen years Michelle has worked full time in private practice where she specialises in therapy, clinical and professional supervision, and training and consultancy services

Michelle has a warm, respectful and engaging manner and is able to establish good rapport with a variety of groups. She has synthesized the wisdom of 27 years of practice, with professional and personal development, and uses these to inspire and motivate others in their professional growth and development. Michelle presents in an interactive style providing a lot of opportunity for discussion, reflection, networking and fun. Michelle has been a keynote speaker, conference presenter and team building facilitator. Michelle's vision is to inspire people to cultivate the best in them-

OT AUSTRALIA NSW

Unit 20, 8 Avenue of the Americas
Newington, NSW 2127
Phone: (02) 9648 3225 Fax: (02) 9737 0023
E-mail: education@otnsw.com.au

By attending this Continuing Professional Development event you may be able to claim 2(5a) and 1(5b) points towards the Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.





OUTLINE OF WORKSHOP

9.00 LEADERSHIP AND MANAGEMENT

Concepts of Leadership and Management

Expectations, Ideas, Theories of Leadership and Management

Constraints and Challenges to Authority and Leadership

Leadership in the Healthcare Context

10.30 Morning Tea

11.00 BE A PEAK PERFORMER – MANAGING YOURSELF

Self Leadership – Using your Signature Strengths

Developing the Mindset for the Role – Emotional Intelligence

Professional & Personal Sustainability and Strategies for Burnout Prevention

12.30 Lunch

1.30 BRING OUT THE BEST IN OTHERS - VISION AND STRATEGIC PLANNING

Organisational Alignment, using values and vision to develop your team

Building your team, through strategic planning

3.00 Afternoon Tea

3.30 BRING OUT THE BEST IN OTHERS – MANAGING UP AND WORKING WITH TEAM MEMBERS

5 Crucial Conversations for Leaders

Communication Styles

Giving and Receiving Feedback

This workshop has evolved over the past 8 years in response to an increasing demand for courses that were designed and developed by health professionals for health professionals. It is delivered using active learning and adult learning principles as the core teaching style with lots of opportunity for discussion, reflection, practice and skill building. A multi media presentation complements the active learning style and is supported by comprehensive notes and reference material to encourage further knowledge and skill development. This course is built on strong professional values, including integrity, authenticity, respect and confidentiality

To secure a place for this CPD event complete the following CPD Registration form and fax to OT Australia NSW Fax 02 9737 0023

NB: ONLY THE CURRENT OT AUSTRALIA NSW CPD REGISTRATION FORM WILL BE ACCEPTED

Available from : http://www.otnsw.com.au/download/2010_CPD_Form.pdf or telephone 02 9648 3225 .

Registration closes 18 July 2010 Places for CPD events are limited

A minimum number of participants required for the course to proceed. Confirmation of the course will be provided once minimum numbers are reached .

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