



# Allied Health Professions Day 2022

PRIMARY HEALTH NETWORK

## Maintaining Optimal Personal Wellbeing as an Allied Health Professional

### PHN EDUCATION SESSION

We work to support others, create better health, but do we give enough attention to our own?

**Celebrating Allied Health Professions Day. This session will address the current challenges that AHP may be facing in their work. Fiona will explain what strategies we can use with our clients, may well be the way forward for our own health and wellbeing.**

The key discussion areas for the session include:

- Life after the pandemic
- Universal challenges and those specific to AHP
- Avoiding burn out – change the way we work
- Professional self-care
- Personal self-care
- Applying a model for change
- How positive psychology can actually help

**SPEAKER:** **Fiona Cosgrove** holds Masters degrees in Sports Science and in Counselling. She is a National Board Certified Health and Wellness Coach and has been undertaking PhD studies through Canterbury Christchurch University in UK. Her training school, Wellness Coaching Australia, was the first international program to be approved under the stringent terms of the NBHWC and Medical Board of Examiners. Fiona also holds accreditation from the ICF PCC.



**WHO:** **Allied Health Professionals, Practice Staff & Clinicians working in the Allied Health sector**

**WHEN:** **Friday 14<sup>th</sup> October 2022, 12.00 pm – 1.00 pm**

**WHERE:** **Online via GoToWebinar**

**RSVP:** **Please [CLICK HERE](#) to register**

**NOTE:** Attendees will be asked to answer two questions at registration to inform webinar discussion.