This workshop is based on Dr. Sherene Suchy’s 2014 publication *In Balance: Workbook on Resilience & Wellbeing*. Originally requested by and written for university students, the workshop introduces two tools: the *Resilience Triangle* and the *Tripod for Support*.

The 60-minute interactive workshop previously attracted an audience of 55 student support professionals (social workers and psychologists) at the 2014 ANZSSA-ISANA annual conference. Participants reported “The workshop offers refreshing, inspirational, and nurturing insights about resilience and wellbeing. We often forget self care when caring for others.”

By the end of the workshop, participants will be able to answer three key questions: What is resilience? What is self-care? What is support?

**About the presenter:** Dr. Suchy manages a Canberra based private practice as a counsellor, coach, researcher, writer, and educator. Website: duopluseq.com. Sherene has published a number of publications and workbooks, one of which will be available for purchase ($20) on the night.

Please click [here](#) to register your attendance, or email the Branch Office at aaswact@aasw.asn.au. Drinks and nibbles are provided so please register to ensure you are catered for!

We hope to see you there.