

Boundaries & Communication Skills For HACC Volunteers



Overview

Are you caring too much?
 Are you finding it hard to say "No?"
 Do you think you need to set boundaries?

Boundaries are value based. Values vary between individuals and are influenced by religion, culture and personal experiences. Volunteer relationships with clients have the same boundaries as those between paid staff and clients.

Outcome: You will learn

- what are boundaries and difference between personal and professional boundaries.
- identify personal values and how we operate based on our values.
- do's and Don'ts while volunteering.
- how to set boundaries.
- assertive Communication: Learn to say "No".
- duty of Care.

For: HACC Volunteers only. (It is for those who are currently working in HACC roles. This is designed to be next step after Volunteer Orientation Course.) Cost: FREE

Who can attend? ALL HACC staff/volunteers	
Date: Thursday 28 June 2012 Time: 9:30am-2:30pm	Venue: Level 3 Bowen Library. 669 Anzac Pde, Maroubra Junction 2035
Cost: Free	
Facilitator: Vaishali Shah has over 10 years experience as a registered Homoeopath and over 5years as a registered Counsellor and Psychotherapist. She also has experience working within the community sector and volunteering sector. Her qualifications include Masters of Science (Psychology), Diploma in Homoeopathic Medicine and Surgery, Diploma in Counselling and Health Psychology, Cert IV in Training and Assessment. Vaishali delivers training on Volunteer Orientation, Time Management, Stress Management and Boundaries and Communication Skills.	

Bookings are essential.

Please go to our website to download the booking form

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