

# Getting to the Heart of What Matters: The Role of a Support Worker

Tuesday 4<sup>th</sup> December, 2018 Brisbane



[www.cru.org.au](http://www.cru.org.au)

## About the workshop

The role of a support worker is complex and multi-faceted. Paid staff can make a significant contribution to a person's life – enabling the person to live a rich life and pursue their own unique goals and dreams.

What lies at the heart of the role is, however, frequently invisible. When we fall into the habit of talking about “hours”, and tasks, routines and schedules, it's easy to be distracted from what really matters about supporting people well.

This full day workshop will be an opportunity for support workers to critically reflect upon the essential purpose of their role, the values that drive “support”, and the sorts of relationships which are core to supporting someone well, particularly in relation to valued roles and community belonging.

***“[Support] requires a certain humility on the part of staff, letting go of control, a willingness to follow rather than lead.”***

**Susan Stanfield**



Suellen Welch

## About the Presenter

**Suellen Welch** works with CRU as a consultant. Her work focuses on promoting, strengthening and defending person centred and directed responses.

Suellen has previously worked for several small community based organisations in Brisbane in team leader and key worker roles.

She has experience working as a support worker, supervising support workers, as well as engaging support workers to work with her son.

## Topics covered will include:

- A good life
- Your role in a person's life
- Getting to know the person in order to assist them well
- Supporting belonging, contribution and relationships
- What gets in the way of good support?

## Who should attend?

This training is for support workers who are directly assisting an individual with disability to live a good life in community. People self-directing and employing their own workers may want to recommend this training to their support workers.

**Date:** Tuesday 4<sup>th</sup>  
December, 2018

**Time:** 9am – 4.30pm  
Register from  
8.30am

**Venue:** CRU Office  
Lvl 2/43 Peel St  
South Brisbane

**Cost:** \$100

**RSVP:** 20/11/18

**Register via:**

<http://cru.org.au/events/>



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