



Community  
Resource  
Unit Ltd.

*Expanding Ideas; Creating Change*

# Getting to the Heart of what Matters

A two-part workshop for support workers

Paid staff can make a significant contribution to the life of a person with disability – enabling the person to live a rich life and pursue their 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', tasks, routines and schedules, it's easy to be distracted from what really matters about supporting people well.

This two-part workshop is highly interactive and offers many practical strategies to assist you in your role.

You can choose to attend one or both days of training, but you must have completed part one before attending part two. If you have attended a Getting to the Heart of what Matters workshop at CRU previously, then we strongly encourage you to return for day two only.

## Part 1:

Thursday 21st January  
2021

## Part 2:

Thursday 28th January  
2021

9am - 4.30pm

Mt Gravatt Bowls Club

Carson Room

1873 Logan Road

Upper Mt Gravatt

\$125 per day or  
\$200 for the series

For more details  
& tickets visit  
[www.cru.org.au](http://www.cru.org.au)

Numbers are limited  
to maintain COVID  
safety for participants  
& CRU staff.

See the online event  
info for details.

# Getting to the Heart of What Matters

## A 2 part workshop for support workers



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### Part 1: An Introduction to Effective Support Work

Part one offers an opportunity for support workers to critically reflect on the purpose of their role and the values that drive support.

We offer an introduction to effective support work that focuses on the following topics:

- The purpose of support work
- Getting to know the person
- Valued roles
- Promoting friendships & relationships
- Connecting people to community
- Barriers to good support

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

*Susan Stanfield*

### Part 2: Getting to Greater Depth in Support Work

In part two we extend on foundational topics and delve into some of the complexities of support work, particularly in relation to:

- Effective working relationships with people with disability & families
- Extending relationship & community building
- Identifying places of welcome
- Developing skills & competencies
- Supporting people to make choices

**About the Presenters:** CRU has a team of experienced consultants who understand disability issues and what it takes to support someone to thrive in their community. Some team members have worked as support workers and others have engaged support workers on behalf of their family members.

**This training is for** support workers who are directly assisting a person with disability to live a good life in community. Prior attendance at part one is a prerequisite for part two. If you or your organisation wants to register more than four workers, please contact CRU to discuss this.

**NDIS Participants:** see the Learning Objectives on the event's page of our website to help you decide if this is a reasonable and necessary support to help you (or your family member) achieve your goals.

**Part 1: Thurs 21st Jan 2021 | Part 2: Thurs 28th Jan 2021**

**9am - 4.30pm | \$125 per day or \$200 for the series | Mt Gravatt Bowls Club**  
**rsvp one week prior to each workshop | tickets from [www.cru.org.au](http://www.cru.org.au)**

**Pricing for this support worker training is due to increase in 2021, however, we are able to offer the January workshops at the 2020 price.**

To view CRU's cancellation policy please visit this link - <http://cru.org.au/about/policies/#cancellation>