Elly is an experienced trainer, relationship counsellor and researcher/writer. For almost 20 years Elly’s passion has been empowering people so they can be the best version of themselves. Elly works with individuals and organisations to anticipate and manage stresses, increase coping capacity, strengthen relationships and manage work/family/lifestyle balance. As an independent researcher/writer, Elly has also developed and delivered training packages for relationship building, conflict resolution and managing change.

Helen is currently the Manager of Workforce Projects at the Ministry of Health. She is responsible for a number of major workforce reform projects, including the development and implementation of the JMO Wellbeing and Support Plan. Helen has a background in health management consulting, with a specific interest in workforce improvement, ehealth and digital transformation projects. Helen holds qualifications in Program and Project Management, Enterprise Architecture and Training and Assessment, as well as a Masters in Business Administration (MBA), and has recently been studying for a Psychology degree.

Justin is one of Australia’s most respected Aboriginal communicators. A Dhungutti man who grew up in Western Sydney, he has more than 30 years experience in the health, training and community sectors, combining theoretical and practical understanding of systems, cultural imperatives, policy analysis, capacity building and community empowerment. Justin is also an accredited specialist delivering courses in areas such as Aboriginal Health, Health Promotion, Mental Health, and Aboriginal Studies.

Frances O’Loughlin is the Clinical Services Manager at Royal Far West, which is an integrated health, education and disability service. It delivers developmental and mental health to children and families from rural and remote Australia. We work closely with rural and remote healthcare professionals, schools, communities, parents and carers to support them and deliver services in the most effective way possible.

Leticia Whelan is an Organisational Development specialist and experienced senior manager who has led significant strategic and operational reforms in both learning and development and organisational development. Leticia holds a Masters of Adult Education and has 12 years’ experience in integral roles across NSW Health including South East Sydney and Illawarra Area Health Service, the Ministry of Health, HETI and most recently as Manager, Workforce Development and Culture with the Sydney Children’s Hospitals Network.

Crucial Conversations: Preparing to have a difficult conversation? Things that might help
This workshop will build the self-awareness of Workforce Managers so that they can respond more effectively when they have challenging or emotional conversations in the workplace. It will also provide a framework to assist conversations towards a resolution.

Developing a staff wellbeing plan
This workshop will look at the methodology behind the JMO Wellbeing and Support Plan. The session will provide participants with an overview of the key literature supporting staff wellbeing and discuss what activities went into the development of the JMO Wellbeing and Support Plan. The aim is for participants to take away ideas that will assist with developing their own staff wellbeing plans.

Supporting Aboriginal Workforce– Things I think about when I manage Aboriginal Workers
The workshop is designed to enable Workforce Directors, HR Managers, Managers Aboriginal Workforce Development and other Managers to collectively address current gaps and challenges and also identify success stories from which we can learn that need to be promoted.

Remote workers– building a team culture and focus on wellbeing
More and more, individual workers are remotely located from their managers and teams – geographically or structurally. Wellbeing and positive work culture can support retention, productivity and innovation. Participants in this workshop will be having conversations about what’s important for remote workers and what their managers can do to support them.

It Starts With Me– Redefining values and engaging staff to take personal responsibility for creating a positive workplace culture
This workshop encourages staff to take lead responsibility for their actions and interactions at work. The key message is that by understanding our CORE values, and using these to guide workplace behaviour, we all can contribute to improving workplace culture.