



**Family And  
Child Consultants**

Training Consultancy Supervision

*Australia-wide*  
**WE COME TO YOU!**



**WORKSHOP 7**

# STAYING EFFECTIVE: BOUNDARIES, VICARIOUS TRAUMA AND SUSTAINABLE PRACTICE

Support worker wellbeing, healthy boundaries and sustainable frontline practice.

 <b>1 DAY TRAINING</b> <b>\$3,500</b> AUSTRALIA-WIDE	 <b>UP TO 20 PARTICIPANTS</b>	 <b>NO MINIMUM NUMBERS</b>
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 **ABOUT THIS WORKSHOP**


This training helps participants understand vicarious trauma and burnout and build the skills and mindset needed to sustain their impact over time. Learn practical strategies to maintain wellbeing, set boundaries and create a culture of support and reflection in your team.

**YOU WILL LEARN**

- ✓ Understanding vicarious trauma and burnout
- ✓ Building and maintaining healthy boundaries
- ✓ Self-care and reflection strategies
- ✓ Effective practice and supervision
- ✓ Building a supportive team culture
- ✓ Sustaining your impact over time

 **WHAT'S INCLUDED**

- ✓ Practical tools and resources
- ✓ Case examples and scenarios
- ✓ Interactive activities
- ✓ Workbook and handouts
- ✓ Ongoing email support for 4 weeks

 **FREQUENTLY ASKED QUESTIONS**

**Q. How many people can attend?**  
A. Up to 20 participants (no minimum).

**Q. Is the training suitable for all roles?**  
A. Yes, it is relevant for all workers who engage with families in crisis.

**Q. Will we get practical resources?**  
A. Yes, you will receive practical tools, resources and templates.

**Q. Can it be tailored for our team?**  
A. Yes, we can adapt the content to suit your team's context and needs.



**ABOUT YOUR PRESENTER  
NIKI GENT**

Niki Gent is a trauma-informed social worker and family consultant with over 20 years' experience supporting children, young people and families in community services, including child safety, therapeutic supports and training.

Niki is passionate about building the capacity of professionals through practical, relatable and evidence-informed training that makes a real difference in the lives of families and communities.

 <b>PRACTICAL SKILLS YOU CAN USE IMMEDIATELY</b>	 <b>BUILD RESILIENCE AND PREVENT BURNOUT</b>	 <b>REFLECT, RECHARGE AND STAY EFFECTIVE</b>	<b>BUILD CONFIDENCE, SKILLS AND STRONGER OUTCOMES TOGETHER.</b>
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**INVESTMENT**

<b>1 DAY</b> <b>\$3,500</b> AUSTRALIA-WIDE	<b>2 DAYS</b> <b>\$6,000</b> SAVE 10%	<b>3 DAYS</b> <b>\$8,500</b> SAVE 15%	<b>4 DAYS</b> <b>\$10,500</b> SAVE 20%
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✓ **NO ADDITIONAL COSTS FOR TRAVEL**

 **AUSTRALIA-WIDE DELIVERY**

We travel to you! Training can be delivered anywhere in Australia – metro, regional and rural.

 **HOW IT WORKS**

- ✓ 1 day workshops (9:00am – 4:00pm)
- ✓ Up to 20 participants
- ✓ Practical, hands-on and interactive
- ✓ Ongoing support for 4 weeks

**LET'S WORK TOGETHER TO CREATE POSITIVE CHANGE.**

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