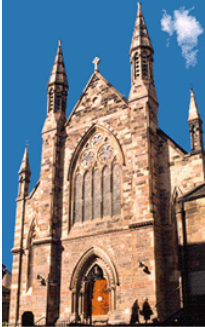


Christine Gayler & Associates present...

Mental Health in the Workplace

Investing in the Wellbeing of Mental Health Workers

Thursday, November 13th, 2008 – 1:00pm – 3:30pm



Join us at “The Wynd Centre” in the Lesser Hall

6 School Wynd, Paisley (within a stones throw of Paisley Gilmore Station)

Cost: 20 pounds sterling

“We must be the change that we want to see in the world” Ghandi

TO REGISTER

Enrolment Limited! Register by Tuesday, November 11th online at www.innovative4you.com/investing.htm

For more information: Email Christine at christine@christinegayler.com or 0141 404 6313



You are invited to join a conversation about investing in the wellbeing of Mental Health Workers. Following a presentation that includes an international perspective on the issues as well as solutions, together we will share our experiences and our challenges, and explore potential strategies.

Recovery is the vision guiding the development and delivery of mental health services within Scotland and around the world. Mental Health Workers play key roles in supporting service users' recovery of mental health and wellbeing and their creation of meaningful lives.

As team leaders, supervisors and managers our role is to ensure that front line workers are competent – equipped with the knowledge and skills needed to deliver mental health services.

Compassion as well as competency, however, is integral to the role of mental health worker. In developing workers' capacity to deliver recovery oriented services, those of us in leadership roles must also develop strategies that enhance workers' ability to sustain their hope and energy.

Living mental health and wellbeing is the very best way to nurture the same in others.

CHRISTINE GAYLER

Christine Gayler has supported people recovering their mental health and wellbeing to reclaim and rebuild their lives, led mental health service teams and programs. As a trainer, coach and consultant, she now supports the development of mental health practitioners, and the programs and systems in which they work. With an office in Glasgow as well as Toronto, Christine has supported the development of Recovery oriented mental health services in Scotland for the past eight years.