



INTERNATIONAL CONSORTIUM FOR OCCUPATIONAL RESILIENCE (ICOR) AND THE CENTRE FOR WORK, ORGANISATION AND WELLBEING INVITE YOU TO THE BUILDING OCCUPATIONAL RESILIENCE FORUM

Date: Tuesday, 19 June 2018
Time: 10.00 am – 3.45 pm
Where: CQUniversity Brisbane, 160 Ann Street
Level 6, Room 6.10 / 6.11

It is a pleasure to invite you to CQUniversity's inaugural ***Building Occupational Resilience Forum***. The aim of the forum is to bring together researchers, clinicians and industry who have an interest in maximising the wellbeing and resilience of workers/employees. The forum will include an update on research from three of the International Consortium for Occupational Resilience (ICOR) researchers working in the area of workplace wellbeing.

ICOR was established in 2018 under the leadership of Professor Desley Hegney, with the primary objective to advance the understanding of factors impacting on occupational resilience. ICOR conducts research with health (nursing, midwifery, and doctors), first responders (fire fighters), psychologists and police. The team has already published numerous papers including models of occupational resilience, measurement papers and interventions to promote resilience. The team has developed and tested a Mindful Self Care and Resilience (MSCR) intervention that is one of only nine such evidence-based programs internationally. Controlled trials consistently result in medium to large effects on reducing employee burnout. We hope the forum will both inform and stimulate further discussion and collaboration.



BE WHAT YOU WANT TO BE
cqu.edu.au

<u>Time</u>	<u>Speakers</u>	<u>Topic</u>
10.00-10.15 am	<p>Welcome</p> <p><i>Graham Black</i> <i>Associate Vice Chancellor</i> <i>South East Queensland Region</i> <i>CQUniversity</i> <i>Brisbane</i></p>	
10.15-10.30 am	<p><i>Professor Desley Hegney</i> <i>Lead, International Consortium for Occupational Resilience</i></p>	<p><i>An overview of the objectives and membership of the ICOR</i></p>
10.30- 11.00 am	<p><i>Professor Paula Brough</i> <i>Griffith University</i></p> <p>Paula Brough is a Professor of Organizational Psychology in the School of Applied Psychology, Griffith University. Paula's primary research areas include: occupational stress, employee health and wellbeing, work-life balance and the psychosocial work environment. Paula assesses how work environments can be improved via job redesign, supportive leadership practices and enhanced equity to improve employee health, work commitment and productivity.</p>	<p><i>Advancing Workplace Mental Health and Wellbeing</i></p>
11.00-11.15 am	<p>Questions</p>	
11.15-11.45 am	<p><i>Professor Desley Hegney and Christopher Crawford</i> <i>CQUniversity</i></p> <p>Desley Hegney is a Research Professor working within the Research Division. Desley is a Registered Nurse working closely with the School of Nursing, Midwifery and Social Sciences. Desley's primary research area has been the nursing workforce with a particular focus on: rural and primary care nursing; nurse-led models of care; occupational violence; well-being and resilience. Desley is currently the lead of ICOR. Working within the multidisciplinary team of ICOR, Desley's focus has been on the development of models of individual occupational resilience, the influence of the environment on occupational resilience, as well as the Mindfulness Based Self-Care Resiliency (MSCR) program. While this work has primarily focused on nurses and midwives, the current work involves testing of these models within other health disciplines (Medicine and Allied Health) and other workforces (Education).</p> <p>Christopher Crawford is a Psychologist, working as a Lecturer with the School of Health, Medical and Applied Sciences, CQUniversity, Rockhampton. Christopher is one of the trainers for the MSCR program having just completed the MSCR program with a cohort of rural doctors.</p>	<p><i>Building and Maintaining Occupational Resilience – The MSCR program</i></p>
11.45-12.00 pm	<p>Questions</p>	



BE WHAT YOU WANT TO BE
cqu.edu.au

<u>Time</u>	<u>Speakers</u>	<u>Topic</u>
12.00-12.30 pm	Professor Sally Ferguson CQUniversity	Shiftwork, Night Hours and On-Call Work: It's about Time
	Sally Ferguson is a Research Professor with the Appleton Institute, CQUniversity, Adelaide. Sally's research background is circadian biology – how our body clocks help keep us synchronized to the world around, and what happens when we get out of sync. Working against our body clocks has implications for sleep, workplace health and safety, and long-term well-being which is particularly important for people working shiftwork, night hours and on-call rosters. Sally has worked with research partners in mining, rail, healthcare, marine pilotage and aviation sectors, particularly in relation to the development of fatigue risk management systems. Sally sleeps very well herself.	
12.30-12.45 pm	Questions	
12.45-1.10 pm	Panel Discussion	
1.10-1.30 pm	Lunch	
1.30-2.30 pm	Professor Paula Brough – Discussion of workplace wellbeing in context.	
2.30-3.30 pm	Feedback from groups	
3.30-3.45 pm	Professor Desley Hegney – Wrap Up	

