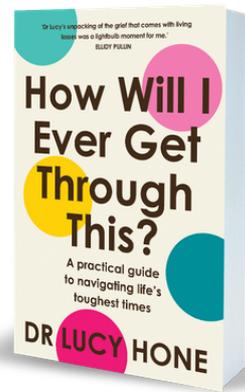


How Will I Ever Get Through This?

Workshop Facilitated by Dr Lucy Hone



Social & Community Sector Workshop

Managing Life's Challenges: Tools for Resilience

This half-day workshop offers non-clinical, skills-based learning for anyone who supports people through loss, crisis and profound change - including counsellors, coaches, therapists, GPs, health practitioners and community professionals.

Dr Lucy Hone shares research-informed insights into what truly helps people during their darkest moments, dispelling harmful myths and offering practical approaches that can be used immediately.

A thoughtful, practical workshop focused on building stronger, more capable communities.

No clinical training is required. The workshop focuses on non-clinical, human skills that complement professional practice.

Thursday 23 April

Wānaka Presbyterian Community Church 94 Tenby St.

8:30AM - 12:30PM Doors Open 8:00AM - Morning tea included

Cost: \$60pp*

**If cost is a barrier, please feel welcome to contact Community Link connect@communitylink.nz*

Key takeaways

By the end of this workshop, participants will:

- Understand what helps people in their darkest moments
- Learn what modern science shows and supports adaptation to loss and unwanted change
- Gain research-informed tools that strengthen people's sense of agency
- Learn practical, evidence-based ways to help people feel less overwhelmed and more able to influence how they respond to loss and unwanted change.
- Have practical tools they can use immediately
- Leave with clear frameworks and language that can be applied straight away in professional, volunteer and community settings.



Tickets on sale now

via QR code or visit <https://pathwanaka.org.nz/whats-on/events/>

Brought to you by:

