



ORTRAN
Self-Management Solutions

Dr Sue Curtis

PhD., M Stud Ed., B Ed.,
CAHRI

Sue Curtis has more than twenty years experience in facilitating and guiding people through self-managed change.

In her current private practice, Sue specialises in supporting individual clients in personal and professional growth and in lifestyle and career enhancement. Through the current workshop programs, directed towards Allied Health Professionals, Sue's aim is to enable health professionals to attain a much greater return on effort for the time and energy they invest in the well-being of their clients or patients.

Comments from participants:-

"Those CCS cards are either a jackhammer or a blow torch."

"This Self Managed Change workshop should be compulsory for all members of AAESS."

"Excellent presentation skills and connection with the participants during the Workshop. Very well done."

Mr Owen Curtis

M.Ed., B.Ed., TSTC., Dip PE.,
FAAESS

Owen has many years' experience in tertiary education, working at the University of Wollongong where he was involved in course design for the 4 year degree in Exercise Rehabilitation.

Owen has experience in exercise programming and patient support for individuals with complex and chronic diseases and has recently been Team Leader in 2 *Australian first* projects targeting older individuals with complex and chronic conditions and at risk of falls.

Effective communication between client and Professional is essential. This workshop shows you how you can manage the interaction for maximal health outcomes



Date of Workshops:
Hobart 28th February 2009
Brisbane 28th March 2009
Sydney 18th April 2009
Adelaide 20th June 2009
Melbourne 18th July



Improving communication between client and professional for enhanced health outcomes



This Workshop is tailored for Exercise Physiologists who are now required to provide professional services for a very wide range of clients. The workshop provides participants with a range of approaches, strategies and tools to manage more effectively communication with people who may be classified as 'difficult' *and it follows from the very well-attended and popular workshop on Scaffolding for Self-Management for Exercise Physiologists and their clients.*

WINNERS AND LEARNERS!

The workshop takes the participants through the rationale and use of a range of tools that have been shown to be effective in clarifying your personal position, and encourages personal and professional awareness of how your stance impacts interactions with your client. It provides opportunities for learning about the impact of language used in communication with clients, and how supporting changes in framing the interaction, and in understanding why clients may present as difficult at that time, can result in a winners and learners opportunity.

WORKSHEETS PROVIDED WITH A RANGE OF TOOLS

Of particular use for Exercise Physiologists who consider they work in circumstances where they are not able to achieve the very positive outcomes their professionalism expects, or with people who seem to have entrenched views that disregard input from the AHP, the worksheets provided to attendees will be a most useful guide for both reflection on professional practice and confident application of the range of tools and approaches.

PERSONAL COMMUNICATION PROFILE PROVIDED

Registration for the workshop provides Exercise Physiologists with a very sophisticated personal profile of preferred communication styles (sponsored by CareerFit and Ortran and thus free to participants). The information provided through this professional assessment can also be used for personal growth, professional improvement and career planning!.

For further information contact owen@ortran.com.au
To Register, contact info@aaess.com.au