

Workshop 3: Helping those Who Help Nurture and Maintain Their Resilience at Home and at Work (English Session)

7/10/2016 5:00pm – 6:30pm

Moderator: Prof. Terry LEUNG Tse-Fong Assistant Professor, Department of Social Work,
The Chinese University of Hong Kong

Speaker: Prof. Michael UNGAR Canada Research Chair in Child, Family and Community Resilience; Professor, School of Social Work; Director, Resilience Research Centre, Dalhousie University, Canada

Title: Helping those Who Help Nurture and Maintain Their Resilience at Home and at Work

Abstract:

Sustaining our resilience as professional helpers can be a challenge during times of change. Based on Dr. Ungar's research around the world, and his clinical practice, this presentation will explore how those who help others can avoid burnout and maintain their own career and life resilience when stressors pile up at home and on the job. Twelve factors that make us more resilient as adults will be discussed, along with practical tips for coping successfully in culturally and contextually relevant ways. Using the concepts of navigation and negotiation that are key to understanding resilience in complex, changing environments, participants will have an opportunity to reflect on their own resilience in life, as well as times at work and at home where they had the resources they needed to succeed. Dr. Ungar will then shift the focus to lifelong career resilience, helping participants to increase their ability to cope with changing employment opportunities. With exercises and stories from his research and clinical work, Dr. Ungar will show how people can increase their career resilience from their first job through to their retirement. While participants will be invited to reflect on the value of both career disruptions and how to survive in difficult work environments, the focus will be on thinking about work as just one part of people's complex lives. Be prepared for a fascinating, inspiring exploration of the many possibilities for meaningful work.