

## YOUR WEEKLY SNAPSHOT



Welcome to this week's edition of "Your Weekly Snapshot".

In this week's Snapshot you will find information on Catharine Hydon's three part webinar. Register before it is too late. There is an article from Harvard University about the importance of serve and return relationships. The 10th of September is R U OK Day. This year has been especially tough for many Australian's and now more than ever checking in with each other is so important. Would you like to join our team? Follow the link to the job application for Education and Care Consultant/Trainer and Assessor. Our consultant Scott Gibson is headed to Launceston to deliver a "Benefit Risk Assessment" workshop - find out more below and register via our website.



**REGISTRATIONS  
FILLING FAST!**

BECOMING  
LEADERFUL  
WITH  
CATHARINE  
HYDON

**SET TO SELL OUT!!!!**

**Becoming Leaderful: Stepping into Change with Catharine Hydon is filling fast.**

We have received registrations from across the country.

Now is the time to register before it is too late!

**Secure your spot today!**



### **5 Steps for Brain-Building Serve and Return**

The first 12 months of a child's life are the formative years for relationships and building healthy attachments. Serve and return is the interactive exchange that sets the foundation for bonding, trust, understanding and regulation within a child's brain. The Center on the Developing Child, Harvard University has created 5 Steps for Brain-Building Serve and Return which can support families, caregivers, and educators to build stronger connections.

'Child-adult relationships that are responsive and attentive—with lots of back and forth interactions—build a strong foundation in a child's brain for all future learning and development. This is called "serve and return," and it takes two to play!'

**[View here](#)**

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### R U OK? Day

This year has been tough on Australians and the world due to the pandemic we have experienced and still experiencing across the nation. The Medical Journal of Australia reported in its national survey on the [Mental health of people in Australia in the first month of COVID-19 restrictions](#) states 'Mental health problems were at least twice as prevalent as in non-pandemic circumstances.' This means that we need to check in with the people within our community even more!

R U OK Day this year has gone one step further in its national campaign to support Australians to remain connected. 'There's more to say after r u ok?' is this year's focus to support conversation and to ensure that Australians are not alone in their ups and downs.

[Learn more](#)



### **Join Our Team**

#### **Education and Care Consultant/Trainer and Assessor**

Lady Gowrie Tasmania Inc. (RTO 45602) as an education and care sector specific RTO trading as Gowrie Training & Consultancy is seeking a highly skilled and qualified Education and Care Consultant/Trainer & Assessor to join our inspiring team.

**Apply today**



### **How to: Developing a Benefit Risk Assessment (Launceston)**

September 23 @ 10:00 am - 11:30 am

This workshop will focus on the how's and why's of developing a benefit risk assessment. Participants will be guided step-by-step through the process before taking part in developing benefit risk assessments themselves that link to their current programs.

**[Register now](#)**

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