

RE-INVENT YOURSELF....LIFE AFTER INJURY

“Bringing people together to help each other”

MSVS Consultancy is proud to support Sue Watchman from Alchemy Training with The **Re-Invent Yourself...Life After Injury** program which has been designed to assist participants to ‘reinvent’ themselves following an injury.

Participants are encouraged to share their experiences as an injured worker with other injured workers who are also navigating their way through the WorkCover System.

The program uses a ‘people helping people’ technique, and provides participants with the opportunity to explore difficulties they are having, and then partner with other participants to explore a process of re-inventing meaningful and productive lives, accepting change and rebuilding a future.

Participants will be provided with ongoing support through refresher courses, to ensure that they have access to the encouragement and continuous skill development that is essential in recovery.

The program will be facilitated by Sue Watchman, a professional health sector group facilitator and educator. Sue will engage the skills and wisdom of mentors who have ‘been there and done that’, ‘reinventing’ themselves after severe work injury.

The program may also provide participants with potential opportunities to be trained as a **mentor, guest speaker** and/or **co-facilitator** for future programs.

To ‘Reinvent Yourself’

- Is about working to shape a new life; let go of old patterns of thinking; embrace opportunity; and discover a life after injury.
- Will help you learn to reach a point of acceptance; to choose to embrace what is; and to move forward towards what is possible.
- Will enable you to gain confidence and capacity in every aspect of life.

“This course has helped me to clarify my work future, to leave behind the past and move forward with support. This course should be mandatory for all workers”

– Participant, Re-Invent Yourself... Life After Injury program

About Sue Watchman (Facilitator)

Re-Invent Yourself – Life After Injury has been developed, and is facilitated by Sue Watchman, the Director of *Alchemy Training*. Sue has a Masters Degree in Primary Health Care, and an extensive background in health sector management, community education, lecturing and workplace training.

Sue has firsthand experience as an injured worker, having received a severe injury over five years ago. During her extended contact with the WorkCover system, Sue identified the need for a new model of support for workers.

With a strong interest and passion for inspiring and motivating people to regain wellness, Sue sets a positive example of what can be achieved after injury.

Please contact Sue Watchman for further information regarding the Re-Invent Yourself... Life After Injury program on 0401 512 818.

Alternatively, please feel free to call Kimberley Marshall (Project Coordinator) on 8351 8077 to book your place in the next program.

“I have learnt practical skills and ideas about moving forward, re-inventing my future working with the WorkCover system being proactive”

– Participant, Re-Invent Yourself... Life After Injury program