

ABORIGINAL PATHWAYS TO WOMEN'S SELF ADVOCACY THROUGH THE LENS OF GRIEFOLOGY



NAVIGATING CULTURAL OVERLOAD TO STRENGTHEN YOUR POTENTIAL AS AN ABORIGINAL WOMAN

Stepping into our potential as women - and as Aboriginal women - can feel just as daunting as the fear of failure. But we don't have to walk this journey alone. This workshop is a culturally safe and supportive space where **Rosemary Wanganeen** will gently guide you to trust your cultural intuitive intelligence, just as she did. By doing so, she forged a pathway toward her own prosperity, both personally and professionally.

Our cultural intuitive intelligence is deeply connected to our female instincts and ability to read and respond to the world around us. It helps us make decisions strategically and confidently whilst drawing on our lived experiences, emotions, and cultural wisdom. However, when we constantly navigate workplace expectations, advocate for cultural safety, and carry the emotional weight of educating others, plus family challenges and our communities, we can experience cultural overload and fatigue.

This workshop will explore with you how to recognise and manage cultural overload and fatigue, ensuring you have the tools and support to sustain your well-being while creating opportunities for growth. How to set boundaries with confidence will also be discussed, including:

- Recognising that its okay to say 'No' without guilt or fear
- Asking for allyship from colleagues so the cultural load is shared
- Encouraging non-Indigenous peers to take responsibility for cultural learning rather than it always falling to Aboriginal women
- How to be your own advocate

The Healing Centre for Griefology's point of difference lies in Rosemary's integration of her personal lived experiences into every aspect of the training. Grounded in a grief (trauma)- informed model, the Seven Phases to Integrating Griefology, her approach and delivery are deeply rooted in our shared humanity. Rosemary's model creates a safe space built on compassion and transformation and free from pity, paternalism, condescending beliefs, shame, blame, or demonising. With warmth and wisdom, Rosemary will introduce her **Seven Phases to Integrating Griefology** as a roadmap for navigating personal and professional challenges. She will take you on a journey of discovery, showing how and Aboriginal perspective on loss and grief can offer insights into the barriers that may have blocked your path. This journey will help you think critically, independently, and creatively, giving you the strategies and confidence to advocate for yourself and take action on your dreams, hopes and goals.

Because prosperity remains an idea until you decide what it is for you, and step into it on your terms.

BENEFITS OF ATTENDING

This workshop will offer practical strategies to:

- Develop flexibility and stay focused on your goals
- Recognise the signs of cultural overload and fatigue
- Seek allyship and supportive networks in the workplace
- Set boundaries and say 'No' with confidence
- Transform barriers into opportunities
- Self-care of social and emotional well-being
- Think strategically, not emotionally
- Design a plan of action to negate cultural overload

HEALING CENTRE
FOR
griefologyTM

CONTACT US

Phone: 08 8341 5557

Email: admin@lossandgrief.com.au

Address: 2/107 Military Road Semaphore, South Australia
5019

ABN: 88 117 236 736

Website: www.lossandgrief.com.au



COURSE INFORMATION

This **1.5 day workshop** includes:

A contemporary reality

- Rosemary as an evidence-based case study of navigating cultural overload.
- The Seven Phases to Integrating Griefology- an introduction.
- Why Griefology? It brings a humanitarian perspective.
- Contemporary issues on Aboriginal disadvantage.

History

- History of Australian invasion/colonisation.
- What is decolonisation and its relationship to 1788?
- Psychological impact of policies, practices and procedures.
- What is racism, and how to deconstruct racism?

Loss and Grief Theory

- What are tangible and intangible losses?
- What are the eight common grief emotions?
- The meaning of intergenerational.
- What are reactive and responsive grief triggers?
- What is cultural overload, and how to deconstruct it?
- How to and why reclaim our cultural intuitive intelligence.

Strategies to Convert Overload to Strengthen Your Potential

Mantra: "Prevention is better than cure."

- Basic strategies for professional and personal self-care.
- Physically work through grief.
- Writing and talking through grief.
- Group activities.
- Be strategic, not emotional.
- Ancestors' wisdom.



"This is a powerful, relevant, quality workshop...I will continue to have 'Aha' moments about what Rosemary has taught us for years to come. I strongly recommend Rosemary's work to bring about deep change"
- Aboriginal Participant

BOOKINGS AND WORKSHOP SCHEDULE

Bookings are available through the event page links below or visit www.lossandgrief.com.au.

Please note - places are limited and costs are per person (catering and training materials included), all prices are GST exclusive, and venues are TBA. For more information and booking enquiries outside of the scheduled times, please contact admin@lossandgrief.com.au

CLICK YOUR CHOSEN WORKSHOP BELOW TO BOOK

REGION	<u>ADELAIDE CITY (SA)</u>	<u>RIVERLAND (SA)</u>	<u>MELBOURNE</u>
DATE	<u>JULY 30th-31st</u>	<u>DECEMBER 4th-5th</u>	<u>OCTOBER 23rd-24th</u>
PRICE	<u>\$837.46</u>	<u>\$1113.3</u>	<u>\$966.3</u>

ACKNOWLEDGEMENT OF COUNTRY

The Healing Centre for Griefology and founder, Rosemary Wanganeen, acknowledge that the Kurna people are the Traditional Owners of Country of the land on which we are privileged to live, work, and play, and pay respects to Elders of the Kurna nation, past, present and future. Rosemary acknowledges her gratitude for the sharing of modern Australia, and at the same time, expresses her deep sadness for the cost of this sharing for Aboriginal and Torres Strait Islander people. We all have a right, a role, and responsibility to support the Reconciliation process and forge a path to a place of equity, justice, and partnership for all Australians. The Healing Centre for Griefology further acknowledges all Traditional Owners of Country throughout Australia and Torres Strait Islands and pays respect to their continuing connection to the land, waters and community we are privileged to visit. We pay our respects to the people, the cultures and the Elders past and present and emerging.