Illawarra – South East AGEN

Gathering 2011

20-22 September 2011
Coachhouse Marina, Batemans Bay

Change, Health & Well-being

Draft Program

Tuesday 20th September

18:00	**Welcome to AGEN 2010** ➢ **Early-bird Registration** ➢ **Bush Tucker Networking Function**	*Come and register early, pick up your Gathering Information Pack and catch up with the mob over some great local bush tucker!*
19:00	**Dinner at the Coach-house**	

AGEN Day 1: Wednesday 21st September

08:30	**Registration**	
09:00	**Official Opening to AGEN 2011** ➢ Welcome to Country ➢ Welcome from Regional Managers Network ➢ Overview of AGEN 2011	Errolyn Strang & Nathaniel Morrison Les Simon, Batemans Bay LALC
09:30	**'Meet the Mob' Icebreaker Activity**	
10:00	**Pre-workshop Presentation : on Change, Health & Well-being for Aboriginal Employees in Government**	Presenter to be confirmed
10:30-11:00	Morning Tea	
11:00	**Mens' Group Concurrent Workshop 1** / **Womens' Group Concurrent Workshop 2** ➢Recognising signs, signals & symptoms of stress ➢Tips & strategies for managing stress and well-being ➢Developing ways to support each-other through AGEN ➢Improving agency practice to sustain heath & well-being	Independently facilitated Small Group Workshops
12:45-1:30	Lunch	
1:30	**Plenary Group Discussion** Report-back from Womens' and Mens' Workshop Groups	Report back by concurrent groups
2:00	**Post-workshop Presentation: on Change, Health & Well-being for Aboriginal Employees in Government**	Presenter to be confirmed
2:30	**Practical strategies for coping with work-place stress** Traditional Indigenous Games, Mindfulness Techniques, Breathing & Relaxation techniques	Demonstration and participation session for AGEN members
3:30-4:00	Afternoon Tea	
4:00	**Employer/Employee Rights & Responsibilities** Presentation on workplace stress and OH&S in NSW	Shay De Guerra, Public Service Association of NSW
4:45	**CAWP/RMN Report to AGEN for 2010-11**	CAWP Representative(s)
5:15	**Wrap up and End of Day 1: Recommendations**	Errolyn Strang & Nathaniel Morrison
19:00-23:00	**AGEN Gathering Dinner & Aboriginal Film Night**	*Coachhouse*

7th Annual
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Draft Program, Day 2

AGEN Day 2: Thursday 22nd September		
6:30	Optional pre-breakfast activity – foreshore walk or yoga activity to be confirmed	
7:30-8:45	**Breakfast**	
	8:45-9:00am – collect CAWP Nomination Forms, move cars to main parking area and all AGEN members to be seated in main room by 9.00am.	CAWP Representative(s)
09:00	**Overview of the NSW Community Well-Being Toolkit** Presentation by AANSW and Office of Envt. & Heritage	AANSW/OEH (Presenter TBC)
09:45	**Aboriginal Employment in the NSW Public Sector** Making it Our Business Implementation Report	Mick Pittman, DPC
10:30-11:00	Morning Tea	
11:00	**New Directions for Aboriginal Affairs Policy in NSW** Presentation from AANSW Executive Director	Jason Ardler, AANSW
11:45	**Getting the most from an Aboriginal Employees Network** Observations on AGEN and stronger ways to work together	Christine King
12:15	**Developing AGEN Recommendations for 2011** ➢ General Business for AGEN Members ➢ Recommendations for the Regional Managers Network ➢ Appointment of 2011-12 CAWP ➢ AGEN Venue Options for 2012 ➢ Evaluation forms	
1:00-2:00	Lunch and Gathering Close	

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About AGEN 2011

Registration for the Annual Illawarra-South East AGEN Gathering is open to all Aboriginal and Torres Strait Islander staff working for NSW Government agencies in the Illawarra and South East Regions.

AGEN is partnership initiative that is supported by the Illawarra-South East Regional Managers Network and the NSW Government's *Making it Our Business Aboriginal Employment Strategy* 2009-12 - www.miob.nsw.gov.au. Further information on AGEN can be found at www.agen.org.au or by contacting:

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