

# A Culture of Gentleness

## 1 Day Workshop

Gentle Teaching incorporates compassion as an alternative to the reactive practices there can be when working with people who may use their actions to communicate, or who may have complex needs.

It's central purpose is to nurture; teach; and sustain a sense of companionship, connectedness, and community for people who have repeatedly experienced an existence of disconnectedness, isolation and loneliness.

**Gentle Teaching is based on the premise that we all have a right to feel safe and valued in our homes; with our families and carers; and at our job, school, or other meaningful activities.**

People who are most vulnerable to being restricted and controlled, need to experience interactions that are overwhelmingly positive and uplifting (vs. critical and demanding).

This is a genuine and intentional cultural shift to, or in some cases a deepening of, those principles that provide a solid base for helping people experience companionship and connectedness.

This workshop will introduce the Central Purpose of Gentle Teaching and The Six Elements will be explored in detail.

Emphasis is placed on strategies that can lead to others feeling safer and more valued, how one's trauma history can influence behaviour, planning proactively to reduce stress and challenges, and the value of supporting all involved.



### About the Presenter:

**Shelley Nessman** is the Director of Family Leadership for Planned Lifetime Advocacy Network (PLAN) in Vancouver British Columbia. In addition she is a co-founder of In the Company of Others and supports a provincial self-advocate organisation called BC Self Advocacy Leadership Network (BCSALN) Shelley's passion is supporting people to discover, nurture and share their gifts, skills, and abilities.

### TWO DATES TO CHOOSE FROM

**WHEN:** Tues 28<sup>th</sup> Feb 10am to 2pm

**OR**

Fri 3<sup>rd</sup> Mar 10am to 2pm

**WHERE:** Bendat Community Centre  
(36 Dodd st Wembley, 6014)

**COST:** \$20

\*Morning tea and lunch will be provided

### GET TICKETS HERE

**For more info email Jordyn;**

[j.piggott@waindividualisedservices.org.au](mailto:j.piggott@waindividualisedservices.org.au)

OR call 0418 934 055