

Locals Supporting Locals - Courses for the Community

Time	Tutor	About The Tutor	What Will Be Covered
9.30am - 10.30am	Pam Hughes	Registered budget co-ordinator & educator for Fin Cap.	Financial Warrant of Fitness This mini session will cover MSD entitlements, IRD etc.
9.30am - 10.30am	Aaron More	Aaron More is an associate leader at Growth Culture, a leadership development company that helps leaders create environments where everyone can thrive. He also works as a parenting coach for Central Otago REAP.	Parenting in the 21st Century Our children didn't come with an instruction manual, naturally most of us will parent how we were parented. In this workshop Aaron will discuss parenting strategies for the 21 st century and offer practical tips on how to prioritise empowerment and connection.
9.30am - 10.30am	Jo O'Connor & Sally Blakler	Jo is a health promoter and Sally a mental health clinician for WellSouth. They work to help communities support each other to be well because it's ok not to be ok.	This interactive session covers : What are normal feelings right now? What are you doing for yourself and others? When might you need to seek support and help and where might you find it?
10.45am - 11.45am	Jean Sims	Jean Sims is a professional member of the CDANZ and has worked for REAP as a careers facilitator for 20 years.	The Jobseeker Journey Change is a journey, managing the 'in-between paid work' space in the job search. This workshop will look at the changes that are affecting employment opportunity and how to look after yourself over that journey. For current job seekers and people interested in new careers.
10.45am - 11.45am	Ben Elms	Ben Elms also known as Doctor Compost has been growing plants successfully in Central Otago for over twenty years.	How to Get Your Soil Ready Ben will talk you through the process of how to get ready for growing vegetables in spring. All aspects of soil conditioning will be covered.
10.45am - 11.45am	Aaron More	See above.	Building Resilience In this workshop Aaron will give practical advice that will help you develop inner strength and help you to be the best you can be, as we navigate uncertain times.
10.45am - 11.45am	Savanna Gosnell	Savanna is the legal education coordinator at Community Law Otago.	Employment Law An introduction to employment law and changes since COVID-19.
12.00pm - 1.00pm	Michael Simmons	Otago Polytechnic Central Campus	Retraining Options Information on education and retraining options with free fees and high employment prospects.
12.00pm - 1.00pm	Pam Hughes	Registered budget co-ordinator & educator for Fin Cap.	Financial Warrant of Fitness This mini session will cover MSD entitlements, IRD etc.
12.00pm - 1.00pm	Social Service Agencies	Agencies including Family Works, Uruuruwhenua, Strengthening Families	Social Service Agencies Members of the different groups will provide information around what they do offer our community.
1.15pm - 2.15pm	Tina Macdonald	Whanau Resilience Kaimahi working for Te Runanga o Nga Maata Waka. Working with whanau to be more resilient and supported in preventing/eliminating generational family violence for future generations.	Whanau Resilience Supporting Maori and non-Maori individuals to become more resilient with themselves and whanau.
1.15pm - 2.15pm	Family Works	Pippa Wellstead - Buddy Programme, Sandra O'Neill - Budgeting, Joy Duggan - Social Worker	Buddy Programme - mentorship for 6 to 11 yr olds Budgeting Advice - for families and individuals Social Work Support - for families and individuals in need.
1.15pm - 2.15pm	Savanna Gosnell	See above.	Tenancy Law - An introduction to employment law and changes since COVID-19.