

**Presenter** Viv Pender

**Title** Resilience

**Abstract**

Viv will define and describe some of her learning about resilience in her work at Mary Potter Hospice. What is resilience? What does it look like? Why is it important? Can it be cultivated and how? She will give examples, refer to research, and work experientially in the session. This will be a presentation that aims to motivate you professionally and personally to include more opportunities to build resilience both for yourself and the people you work with in disability, mental health and aged care services.

**Biography**

Viv Pender joined Mary Potter Hospice seven years ago. She is a counsellor, psychotherapist and educator with 25 years' experience in the Wellington Community. Viv is very interested in what creates resilience and how we intentionally build resilience.