

Yarning About Work - What could we yarn about?



What's changed since we last had a yarn?



Good Things

Things that are going well

- Learning new skills
- Helping the community
- Talking better to people

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What keeps me strong at work?



Who keeps me strong at work?



Things I need to work on

- Thinking positive
- Talking more with people

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Goals for change

What is the most important thing for me to work on changing right now?

Goal:

What would be my steps for making that change?

Step 1:

Step 2:

What is another important thing for me to work on changing right now?

Goal:

What would be my steps for making that change?

Step 1:

Step 2:

Yarning about clients

What are my main client worries?

Are there any clients I need to talk about today?

YES NO

What steps can I take to help them?

Do I need to do something right away?

YES NO

What do I need to do?

Reasons to change

- >> Family
- >> Learning

Helping you change

Who will help?

What will they do to help?

For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Remote Health on (08) 8951 7808.

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMhi) NT. Enquiries can be made to info@menzies.edu.au or 08 8922 8196.



How far along the road am I?

>>> Made the change
Your GOAL

>>> Planning to make the change
STEP 3

>>> Thinking about making the change
STEP 2

>>> Not yet making the change
STEP 1

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Yarning about Work

Name: _____



Who to see

Name:

Health Centre:

Date:

Supervisor: