



you are amazing

XOXO

## ALL BEING WELL

Supporting the wellbeing of our workforce has been a fundamental focus for Junction in the past 12 months.

Compassion fatigue is a very real and profound consequence of the work we do and it is important we help staff to cope effectively, so that they are able to be the best they can be, at work and at home.

We introduced a number of initiatives in our commitment to wellbeing, spearheaded by our *You Are Amazing* campaign, specifically aimed at recognising the valued contribution of our staff and their powerful impact on the lives of our clients and communities.

This includes a dedicated *You Are Amazing* Day that staff can take to use however they wish, as a thank you for their hard work and commitment.

“It goes right back to the Hippocratic Oath. We need to remain stoic, emotionless in the face of this difficult work that we do... that if we’re showing emotion, that somehow we’re not coping, we’re weak.

That is a big myth - there is a cost to this work.”

- Anastasia Goussios,  
**Running on Empty: Compassion Fatigue, the Cost of Caring**  
(quote taken from Anastasia’s presentation at the staff conference)

“Having two Ministers and two opposition spokespeople was an amazing get for the organisation and reinforces its standing. Loved the presentation I went to and in particular that it was led by our own staff, well done Candice and Rani.”

- Andrew Cockington,  
Senior Manager, TSS, Strategy and Service

“Great event and absolutely loved Fiona O’Loughlin and her amazing stories from the heart.”

- Jo Wilson,  
Team Leader, People and Places

“Fiona O’Loughlin was amazing, honest, raw and funny. So great to have a speaker that spoke about real life experiences. Great staff conference.”

- Merrilyn Matthews  
Executive Assistant, General Manager,  
Housing Services

## STAFF CONFERENCE

As key note speaker at the 2018 Annual Conference, comedian Fiona O’Loughlin led a fresh approach to the yearly event, which literally ended with staff dancing in their seats.

Traditionally known for her ability to make others laugh, Fiona had the crowd of around 180 staff hanging off her every word, as she explored her personal struggles with alcoholism and homelessness with brutal honesty and her trademark humour. She also spoke of her experience as a foster carer and the positive impact it had on her life and her family.

Other highlights included guest panelists comprising two staff, as well as a young person in our residential care and Junction Ambassador/Channel 9 newsreader Brenton Ragless who each spoke under the banner of ‘my life changed when.’

A staff-led session on mindfulness and another led by an expert in compassion fatigue were also among audience favourites, along with internationally acclaimed artist, Brad Blaze.

The Honourable Rachel Sanderson MP, Minister for Child Protection and the Honourable Michelle Lensink MLC, Minister for Human Services spoke at the conference with their shadows, Ms Jayne Stinson MP, Shadow Minister for Child Protection, and Ms Nat Cook MP, Shadow Minister for Human Services also attending.

The University of Adelaide generously donated use of space within its new Health and Medical Sciences building for the conference. Other conference sponsors were: Simec ZEN Energy, Statewide, Kardean Design Flooring and Maintenance Matters.