

# Cultural Safety and Critical Consciousness Workshop



## Personal, professional and organisational development opportunity

*The journey to health equity for First Nations peoples in Victoria*

Cultural safety provides “a focus for the delivery of quality care through changes in thinking about power relationships and patients’ rights”.

Critical consciousness involves critical self-reflection: “understand one’s own assumptions, biases, and values, and a shifting of one’s gaze from self to others and conditions of injustice in the world.”

Weenthunga’s workshop aims to support learning, reflection and growth at an individual and organisational level. Our workshops are delivered by a two-way facilitation team, joining Aboriginal and non-Aboriginal voice in this space. Weenthunga’s approach allows for the bringing together of diverse knowledges, understandings and lived experiences. Topics covered can be compared and contrasted from these different experiences and perspectives, resulting in a deeper and more comprehensive understanding.

### Discussion topics include:

- Learning to sit with your discomfort
- Power and privilege
- Invasion, colonisation, segregation and assimilation
- Racism in health
- Decolonising health
- Aboriginal Frameworks for holistic health and wellness
- Social justice and equity
- Self-determination
- The role of Aboriginal Health Workers
- Working two-way
- The 4 R’s: relationships, respect, reciprocity, responsibility
- How to continue your journey.

Following on from our workshops, training attendees are invited to become a Member of Weenthunga Health Network.

### Outcomes

It is intended that participants will gain greater understanding and knowledge about provision of culturally safe services and care for First Nations peoples, which will inform improved practice and outcomes in their work. Participants will be challenged and have an opportunity to learn, grow and be enriched through their involvement in the workshop.

### Investment

The investment for a half-day (4 hour) workshop is \$3,500 plus GST.

The investment for a full day workshop (8 hours) is \$5,500 plus GST.

Weenthunga will provide a brief impact evaluation report of changes in attendees’ understandings and attitudes pre and post workshop participation.

We recommend a maximum of 15 people per workshop. We can work with you to tailor a workshop to your organisation’s needs. Depending on your location, there may be an additional investment required to cover facilitator’s travel costs.

### About Weenthunga

Weenthunga Health Network was established in 2010 and is contributing to health equity for First Nations people in Victoria through:

- Increasing the Aboriginal health workforce
- Advocating for anti-racism and decolonising within the health and education sectors
- Embedding and valuing First Nations knowledge and practice, and
- Ensuring better understanding and practice of health professionals to improve experiences, care and outcomes for First Nations people and communities.

Weenthunga means ‘hear / understand’ in the Woiwurrung language of the Wurundjeri people.

**To book or for more information please contact us via email at [info@weenthunga.com.au](mailto:info@weenthunga.com.au)**