



## Relationship-based Care

AND THE SEARCH FOR  
CONGRUENCE

RE-IMAGINING OUT-OF-HOME CARE FOR  
CHILDREN & YOUNG PEOPLE

Relationship-based Care is recognised as a key element in a young person's ability to recover from developmental trauma and thrive as an adult. As a practice framework it can guide individuals, organisations and systems to be sensitive and responsive to the young person's attachment, trauma, shame, loss and developmental history. But navigating the daily needs of practical tasks and basic care, through burdening organisational and systemic procedures, towards a culture with the *carer-child relationship* as the cornerstone, leaves many stakeholders in despair and searching for congruence.

This workshop is for professionals concerned with the care and development of children and young people in Out-of-Home Care (OOHC) in NSW. It is for government agencies, NGO service providers, youth advocates and third-party therapeutic professionals working with young people and families. It provides an immersive exploration of the relational needs of young people and their families/ carers, that can be addressed on the personal, organisation, community, system, and policy levels.

Participants will explore why influencing change often begins with our own ability to adapt, change mindset and behaviours. This highly interactive program will engage with this thinking to:

- Deepen your understanding and appreciation of **barriers to change** and how to work with them
- Broaden your **system perspective** and how competing values impact
- Examine a contemporary Relationship-based OOHC model that is relatable, practical and **achievable**
- Increase your awareness of **personal power** and how to harness this when influencing change
- Develop skills in **collaboration**, working with difference, competing commitments and priorities
- Strengthen your **agency** and influence in your system
- **Re-energise** your desire to make the change you want to influence



Presented by Rosamund Christie and Julie Ahern from Adaptive Leadership Australia. Rosamund and Julie are specialists in adaptive leadership, who value the opportunity to engage with the complexity and ambiguity of supporting those who are leading complex human systems, in an effort to create sustained change. Adaptive Leadership Australia develops and delivers distinctive leadership programs that change the way people think and work together when dealing with the most complex and challenging issues in their organisations and in Australian society.

