

# LBI Forum



## Disentangling Post-Traumatic Growth

THROUGH THE LENS OF BEST-PRACTICE EVIDENCE, SOUTH AUSTRALIAN COMMUNITY INSIGHTS  
AND THE WISDOM WE HAVE GAINED THROUGH COVID-19

### Who is the Forum For?

Anyone who is interested in a deep exploration of:

- What is 'post-traumatic growth'?
- How does the science of wellbeing and trauma-informed practice understand and think about post-traumatic growth?
- COVID-19 and post-traumatic growth
- How do we activate post-traumatic growth outcomes for ourselves and the children, young people and adults we support?

### Forum Schedule

**10.00am** - Introductions by Dr Ivan Raymond

- Welcome
- Launch of 2020 Yearbook
- The science of post-traumatic growth

**10.20am** - Keynote Speaker: Ms Gabrielle Kelly  
"A First-Person Understanding of Post-Traumatic Growth"

**11.20am** - Morning Tea

**11.45am** - Dynamic reflection and unpacking activity: "How do we take the wisdom and science of post-traumatic growth into action?" (Co-facilitated with IMPACT Coaches)

**12.30pm** - LBI Foundation: What's New in 2021

**12.45pm** - Lunch and Networking

### Keynote Speaker: Ms Gabrielle Kelly

Gabrielle Kelly is an inspirational South Australian woman who was the Inaugural Director of SAHMRI Wellbeing and Resilience Centre. In 2019, Gabrielle inspired LBI Forum participants with her provocative and passionate understanding of wellbeing and resilience. We have invited her back in 2020 following overwhelming positive feedback, and that her journey in 2020 has involved her overcoming significant health challenges.

**Forum Date:** Friday the 27th of November, 2020

### Location/Delivery: Hybrid

Comfort Inn Regal Park, North Adelaide (limited spots, priority for IMPACT Coaches and LBI partner agencies)  
Streamed by Zoom Webinar

**Time:** 10.00am to 12.45pm (Registration 9.45am)  
Morning tea, lunch and networking opportunities will occur for participants attending in person.

**Cost:** Free

### Further Information and Registration: Eventbrite

<https://www.eventbrite.com.au/e/lbi-foundation-forum-disentangling-post-traumatic-growth-onlineadelaide-tickets-124644506073>

LBI Foundation is a Public Benevolent Institution dedicated to building the mental health and wellbeing of Australians in need by empowering and growing local community capacity. We support individuals, teams and communities integrate the science of wellbeing, resilience, trauma-responsive practice and growth with their local wisdom and knowledge to make a difference within their community.