



# EDUCATIONAL WORKSHOP SERIES

Engage. Learn. Advance.

**CALM AFTER COMBAT: HEALING AND MENTAL PEACE POST-SERVICE**  
TWO DATES: 21 JUNE - SYDNEY; 26 JULY - MELBOURNE

## **Calm After Combat: healing and mental peace post-service** **Brigadier Nicole Sadler AM CSC**

**Saturday, 21 June 2025**  
**Sydney**

In this full-day workshop, we will explore key mental health and well-being considerations for those who have transitioned out of military service. Areas we will cover include:

- How military service can impact self-identity and mental health and wellbeing across the life course
- Mental health risks and protective factors, including trauma exposures
- Practical strategies for improving and maintaining mental health and wellbeing
- Help-seeking and treatment and support options

Participants will improve their awareness of possible issues for this population, and they will be provided with practical strategies and resources to assist them in their work with veterans. The workshop content will also be relevant to those supporting individuals who have transitioned out of other uniformed roles, such as police and emergency services.

### **Program**

0830	<i>Registration</i>
0900-1030	How military service can impact self-identity, and mental health and wellbeing across the life course
1030-1100	<i>Morning tea</i>
1100-1230	Mental health risks and protective factors, including trauma exposures
1230-1330	<i>Lunch</i>
1330-1600	Practical strategies for improving and maintaining mental health and wellbeing; help-seeking and treatment and support options