

# SACC News

April—June 2009

## From Karen's desk...



Recently staff in our Disability Employment Service gathered to put their thoughts and ideas together to share what we believe could contribute to making our service amazing. That room contained a lot of inspiration, energy and enthusiasm, and it was mostly due to the fact that our staff find it inspiring to make a difference in someone's life. The difference can

be helping someone overcome a personal barrier, supporting someone with a training goal, or providing support in an area of job search where someone just doesn't have a lot of confidence. It's also clear that while we know our overall objective is to find employment for our clients, we also know that there are a lot of other smaller goals that we help people to



achieve that lead in that direction. We aim to celebrate all achievements, no matter how large or small. We know that our work contributes to the greater good of our community. That's what gets us going each morning - so we thank our clients and stakeholders for being a part of this mission.

"Almost always, the creative dedicated minority has made the world better."

Martin Luther King, Jr.

## A Client—A Star!

Uplifting. Emotional. Gutsy.

*Crush: A Solo* presented by Dan Daw, as part of the Adelaide Fringe 09, was in one word 'brilliant.' Voted as the number one dance performance of the festival, it was a show not to be missed.

As part of a double bill, the show was performed at Dance City, Newcastle upon Tyne in February with a short season following here in Adelaide. The crew did a fantastic job with excellent choreography, simple but effective costuming and stunning lighting, making use of a large mirror ball. Dan's pres-

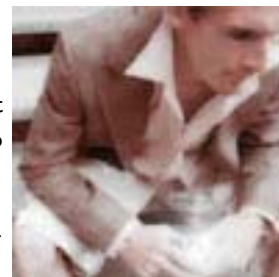
entation was outstanding and moved many to tears.

The show, created exclusively for Dan, "celebrates the uniqueness of the individual body". It portrays his strength and vulnerability. It gives insight to his fears and pain and his overcoming of both.

Dan single-handedly demonstrated that a disability to one person can become a form of expression and a tool for resilience to another. Dan told a story of

struggle and victory with his body, mind and heart. He showed that in the face of adversity, it is passion and individual determination that

flourishes, breaking through convention and norms. He followed no footprints, he created his own.



Dan Daw—Professional Dancer

*Crush: A Solo* is a credit to Dan and his team and I eagerly await his next performance.

Review by Lida and Lyn.

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## Staff Update

It will be with a heavy heart that we say goodbye to our Port Adelaide DEN consultant **Naomi** as she heads off on new adventures in Tasmania and to **Brenna** as she jets off up to sunny Darwin...

Goodbye and Good luck **Naomi** and **Brenna**!!

But with every departure is a new beginning... and the staff at Port welcome with open arms **Tanya** as she re-locates from Elizabeth to take on Naomi's role.

And we're happy to welcome **Nikki** and **Karyn** to the DEN team! Nikki is based in Adelaide and Karyn is taking over Tanya's role at Elizabeth.



*"If you don't know where you are going, you'll end up someplace else."*

## Kelly Rogers = Inspiration

Written by Miriam

Kelly Rogers is SA Career Consultants' own champion. She started with our company in January 2008, because she wanted a more fulfilling and challenging job. As Kelly has studied to be a trainer, her consultant started to brainstorm different possibilities for employment and it soon became obvious that Kelly could fill a role in our own company as a Job Support Officer or Coach.

Kelly had an interview with one of the directors of SA Career Consultants – David Rodgers – no relation - and he could see that with her energetic personality and friendly ways she would be a real asset to our company.

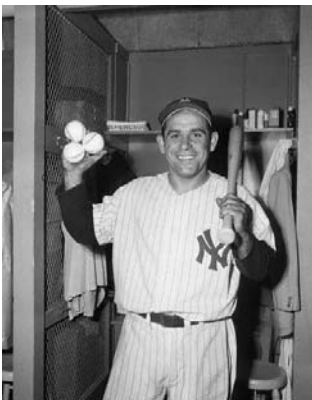
After completing a work trial in early May, Kelly started to work helping other clients in late May, and has been working 12 – 18 hours a week ever since. When she has had any difficulties Kelly has asked for assistance and is very willing to take advice to improve her work abilities. When you meet

Kelly you remember her big smile, her energy and her desire to help others make their lives better.

Ten years ago - five days after her 20<sup>th</sup> birthday, Kelly sustained a permanent Spinal Cord Injury when she aqua planed on water while driving and crashed into a Stobi Pole. She broke her neck in the accident, which resulted in a Quadriplegic injury, meaning all four limbs are affected. In reality Kelly is paralyzed from the chest down and has minimal function in her hands. Kelly endured 12 months of rehabilitation at the Hampstead Rehabilitation Center to learn how to live as independently as possible in her wheelchair.

Before her accident Kelly was an avid sports woman and since she has been confined to her wheelchair, she has worked hard to represent South Australia in Wheelchair Rugby also known as "Murderball" with the SA Sharks for the past 9 ½ years. She has now has also been chosen to represent Australia with the Australian Steelers.

Kelly trains approximately 16 hours each week and endures tough games where she is able to defend and attack for possession of the ball. She sometimes ends up on the floor and needs assistance to get her wheel chair back up right, but when ever Kelly talks about her sport and her job you can see that she has a passion for life and is going to enjoy every minute of it that she can. She loves to inspire others so that they can reach their goals in life. As Kelly says "If you don't get off your butt and go get what you want to achieve in life....its not going to get handed to you."



**Yogi Berra**



# The National Careers and Employment Expo



Friday, 1 May 2009 saw the Adelaide Showgrounds abuzz with the National Careers & Employment Expo. The idea of the expo is to bring careers, employment and training opportunities by connecting organisations with people who are looking for jobs. The Expo has become the largest careers & employment event in Australia, attracting more than 170,000 people Australia wide.

So how does this fit in with SA Career Consultants? Simple—the Expo provided an opportunity for jobseekers to communicate directly with employers, education and training providers in a friendly environment and best of all, under the one roof.

Maria, a Consultant based at Adelaide Office, saw this as an opportunity for her job-

seekers to participate in a fun, friendly day. The day began at 9.00 am, where a group of jobseekers met Maria at the Adelaide Office, from there the journey began as the group headed to the Expo.

Upon arrival to the expo, the group had the opportunity to meet with various employers including Target, Kmart, Bridgestone, SA Water, Hospitality Group Training, TAFE SA and Conservation Volunteers to name a few.



As the day went on, so did the collection of useful information and networking for the jobseekers. The jobseekers enthusiasm on the day was evident. As a result of the Expo, one of Maria jobseekers had secured volunteer work with Conservation Vol-

unteers. This was a great step forward for the jobseeker who is keen in obtaining paid employment in the field of horticultural. Another jobseeker has applied for studies at TAFE SA and another is pursuing interests in obtaining retail traineeship. Overall a successful day was had by all involved.

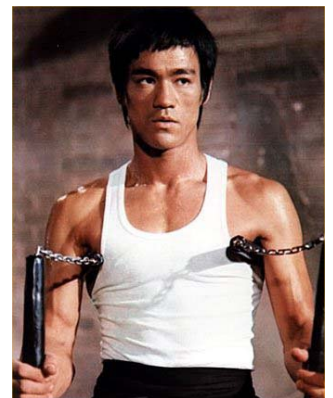
Some of the feedback from the day included:-

“Wide range of education institutions and some companies was interesting. Free pen, lots of information to look into”.

“Able to collect information from various organisations about career prospects”

“Finding information about different jobs..... I enjoyed speaking to retail employers”

*“A goal is not always meant to be reached, it often serves simply as something to aim at”*



**Bruce Lee**

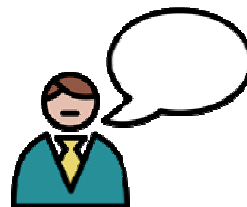
## Having Your Say

We're always looking for ways to make a difference to our clients, and we hope you can see that from the stories in this newsletter.

Our jobs mean a lot to us, and part of our job is to make sure that our service makes a positive contribution to your life. We thrive on helping others, and it is a particular joy for us to see our clients gain confidence, skills, and maturity when they achieve their job goal.

Because we value your experience of our service, we are always happy to hear your feedback. If you have something you would like to say to us about our service, you are always welcome to call Karen on 8227 0900.

Alternatively, there is a feedback form for you to complete and return to this office if you wish. Call SACC's reception on 8227 0900 and we can post a form out to you.



And remember... you could be in the draw to win a \$50 voucher just by letting us know what you think!!!

# Computer Training at SACC

... interested in a course designed to teach you 'real world' skills?

... nervous about taking tests?

... why don't you attend a learning workshop?

**Our workshops cover the following:**

## SA Career Consultants

Ground Floor  
104 Frome Street  
Adelaide SA 5000  
Phone: 8227 0900  
Fax: 8227 0911  
E-mail: [info@sacareer.com](mailto:info@sacareer.com)

Introduction to Windows

Computer Basics

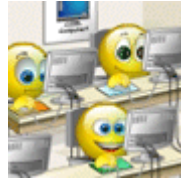
Essential Office Programs

Basic Word Processing

Basic Spreadsheets

Using the Internet

Using Online Email



### Our mailing address has changed!!

Effective July 2009 please use the following address:  
PO Box 7448 Hutt Street  
ADELAIDE SA 5000

**Talk to your SACC Consultant to secure a place!**

## Workshops at SACC

Our Counselling and Psychological Services (CAPS) workshops provide participants with a range of techniques to identify and manage difficulties that may arise in the pursuit of employment.

### Learning Optimism

The search for employment (and achieving other life goals) is likely to result in a number of setback and disappointments. Optimism plays an important role in the development of the resilience required to persist in the face of setbacks, and to feel happier about one's self, life and future. The Learning Optimism workshop is designed to help participants learn to view their life challenges as opportunities and how to change their outlook in tackling these challenges.

### Motivation and Goal Setting

Without goals that are clear and perceived to be important, many jobseekers will likely find it difficult to maintain the motivation to work to gain employment (as well as the development of other aspects of their lives). The Motivation and Goal Setting workshop is designed to provide participants with an understanding about positive motivation, how it affects behaviours and how to apply it to their everyday lives. Participants will also develop an awareness of the utility of goal setting and learn how to set productive goals that promote positive action.

### Understanding Anxiety and Understanding Depression

Psychological and emotional difficulties such as anxiety and depression pose significant barriers to obtaining and maintaining employment. Jobseekers who experience these difficulties are likely to benefit from the two separate workshops Understanding Anxiety and Understanding Depression. These workshops are designed to increase participants' understanding of the causes, symptoms and effects of anxiety and depression respectively, to help participants develop an awareness of their own experience of these conditions, and to introduce basic treatment techniques as well as further treatment options.

**Talk to your consultant for more information!**

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