Hello to you all and thank you for joining us today. I’m Jane Hawkeswood, the Project Coordinator for ADCET.

I would like to begin this session by acknowledging that we are presenting today from lutruwita (Tasmania) Aboriginal land, sea and waterways.

I acknowledge with deep respect the traditional custodians of this land, the palawa people. I would also like to acknowledge the Traditional Custodians of the various lands on which you are working today and the Aboriginal and Torres Strait Islander people participating in the webinar.

Today’s session ‘Re-thinking Stress” – Deb Hindle will have us thinking about how we think about stress.

Thanks once again for joining us and I’ll hand now hand over to Deb. Thanks Deb.

Next week’s the session “Sharing Good News” – Deb will talk about- how you listen to good news can have more impact on your relationships than how you listen to bad news. Build trust and rapport with Active Constructive Listening.

This is another link that can be used to view the captions <https://bradleyreporting.1capapp.com/event/12at12>

Join the 12@12 Facebook group: <https://www.facebook.com/groups/1945921758894532>

Next week: <https://www.adcet.edu.au/resource/10433/12-12-sharing-good-news/>

Future sessions: [https://www.adcet.edu.au/covid-19-faqs/Staff-Support/12@12/](https://www.adcet.edu.au/covid-19-faqs/Staff-Support/12%4012/)

Remember to run the Poll