

Mindful Self-Compassion For Professionals

Give the gift of Mindfulness and Self-Compassion.

Ease stress, anxiety, depression and pain

This workshop consist of didactic and experiential training exercises in mindfulness and self-compassion, to improve professional skills and personal lives.

Rapidly expanding research shows that mindfulness and self-compassion are strongly associated with emotional well-being, lower levels of anxiety, pain and depression, better healthy habits such as diet and exercise, more satisfying personal relationships and enhanced self-care.

Marie Bloomfield in the last five years has been a leader in teaching Mindfulness and Self-Compassion in Australia. She is a registered clinical psychologist and Medicare provider since 1990 with extensive experience in the delivery of psychological services in mental health in the public, corporate, academic and private sectors.

Mindful Self-Compassion 5-Day Program

Day 1: Definition and research findings on self-compassion. Followed by advance knowledge of mindfulness plus tools, formal/informal practices

Day 2: Benefits and further research/applications of loving-kindness plus self-compassion in daily life. Followed by exploring inner critic and ways to cultivate a compassionate inner voice

Day 3: Using mindfulness and self-compassion to explore values, strengths and silver lining in times of crisis/challenges to promote growth. Followed by practices and tools to deal with difficult emotions: anxiety, anger, depression, pain and shame

Day 4: Dealing with difficult relationships: care giver fatigue, anger, forgiveness of others/self, followed by a half-day silent retreat

Day 5: Ways to rewire the brain for happiness: cultivating positive emotions; savouring, gratitude and appreciation. Finish at 1pm.

Mindful Self-Compassion Workshop for Professionals, 5-Day

Date: 7-11 November 2018 (9:00am-5:00pm) last day finish at 1pm

Venue: 50 Archibald St, MacKillop House, Lyneham, ACT, 2602

Cost: Early bird (7 Oct.) \$740.00

Regular: \$790.00

For more information or to register visit www.mindfulpath.com.au



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