

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. Marie 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. Marie is one of the first trained and accredited teacher in Australia and has presented over 25 MSC programs.

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: 13-17 March 2019 (9:00am-5:00pm) last day finish at 1pm

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

Cost: Early bird (14 Feb.) \$790.00

Regular: \$870.00

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



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