

Mindful Self-Compassion For Professionals

This wonderful workshop consists of didactic and experiential training exercises in mindfulness and self-compassion to promote professional skills and personal lives.

Rapidly expanding research shows that mindfulness and self-compassion decrease stress burnout, anxiety, pain and depression, and increase wellbeing, resilience, self-care and satisfying personal relationships.



Mindful Self-Compassion 5-Day Program

Day 1: Applying Mindfulness and Self-Compassion in daily life.

Day 2: Benefits and applications of loving-kindness in daily life. Followed by making peace with the inner critic and positively motivate ourselves.

Day 3: Explore values, strengths and silver lining in times of crisis/challenges to promote growth. Followed by tools to ease difficult emotions and shame.

Day 4: Managing difficult relationships, caregiver fatigue, anger, forgiveness of others/self. Followed by a mini-retreat in the afternoon of MSC guided-meditations.

Day 5: Embracing your life and hard wiring for happiness. Finish at 1pm

Presented by Marie Bloomfield, Clinical Psychologist and John Julian, Social Worker, both leaders in teaching Mindfulness and Self-Compassion for professionals, over the last 15 years in Australia. Marie is a registered clinical psychologist and John is counsellor/psychotherapist, both Medicare providers with 40 years each of extensive experience in mental health in the public, corporate, academic and private sectors. Marie and John are Senior Accredited Teachers in Mindful Self-Compassion and have presented a combined total of over 100 MSC.

Mindful Self-Compassion for Professionals Workshop (5 Days)

Date: 8-12 November 2021 (9:00am-5:00pm) Finish at 1pm on last day

Venue: Church Hall, 111 North Road, Brighton, Victoria, 3186

Cost: Early bird (8 Oct.): \$790.00

Regular: \$870.00

For more information email marie@bloomfieldpsychology.com.au
or to register visit www.mindfulpath.com.au

