

Mindful Self-Compassion For Professionals

This wonderful workshop consists 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.



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 including shame.

Day 4: Dealing with difficult relationships: care giver 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 well-being. 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 were one of the first trained and accredited mindful self-compassion teachers and have presented a combined total of over 100 MSC.

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Date: 10-14 November 2020 (9:00am-5:00pm) Finish at 1pm on last day

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

Cost: Early bird (11 Oct.): \$790.00

Regular: \$870.00

For more information email marie@bloomfieldpsychology.com.au

or to register visit www.mindfulpath.com.au

