

Mindfulness & Self-Compassion For Professionals (2 days)

Build emotional
resources and
teach your clients!



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 decrease stress burnout, anxiety, pain and depression, and increase wellbeing, resilience, self-care and satisfying relationships.

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 Teachers and have presented over 100 MSC.

Mindfulness & Self-Compassion 2-Day Program

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

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

Mindful Self-Compassion for Professionals Workshop (2-Day)

Date: 8-9 Nov. 2021 (9:00am-5:00pm)

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

Cost: Early bird (8 Oct.): \$490.00

Regular: \$560.00

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

