

# Mindfulness and 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.

## Mindful Self-Compassion Training Program

Day 1: Didactic presentation of self-compassion and mindfulness plus training in up-to-date techniques and strategies.

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

Marie Bloomfield in the last five years has been a leader in teaching Mindfulness and Self-Compassion. 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. Marie is one of the first trained and accredited teacher in Australia and has presented over 25 MSC programs.

## Mindfulness and Self-Compassion 2-Day Workshop for Professionals

Dates: 13-14 March 2019 (9:00am- 5:00pm)(Wed.-Thursday)

Venue: MacKillop House, 50 Archibald St, Lyneham, ACT, 2612

Cost: Early Bird (7Oct.) \$490.00

Regular \$560.00



For more information or to register visit [www.mindfulpath.com.au](http://www.mindfulpath.com.au)