

# Mindful Self-Compassion For Professionals

Give the gift of Mindfulness and Self-Compassion.

Ease stress, anxiety, depression and pain

This 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.



Presented by Marie Bloomfield, M.A. Psych, MAPS, and Matthew Evans M.A. Psych, MAPS.

Marie Bloomfield in the last five years has been a leader in teaching Mindfulness and Self-Compassion. Marie is one of the first trained, registered and accredited Mindful Self-Compassion teacher in Australia and has presented over 30 MSC targeting health professionals. Matt Evans has extensive experience in teaching health professionals in Mindfulness-Based Cognitive Therapy over the last ten years.

Both are clinical psychologists with extensive experience in the delivery of psychological services in mental health in the public, corporate, academic and private sectors.

## 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 ways to rewire the brain for happiness: cultivating positive emotions; savouring, gratitude, appreciation

Day 5: Embracing your life and exploring ways to experience more well-being. Finish at 1pm

Mindful Self-Compassion for Professionals, 5-Day Workshop

Date: 22-26 Sept. 2019 (9:00am-5:00pm) Finish at 1pm on last day

Venue: The Centre-14 Frances Street (cnr Cook Street) Randwick NSW

Cost: Early bird (22 Aug.): \$790.00, Regular: \$870.00

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

