

Mindful 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.

Presented by Marie Bloomfield, a leader in teaching Mindfulness and Self-Compassion in Australia over the last 5 years. Marie is a registered clinical psychologist and Medicare provider 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 and has presented over 25 MSC programs.

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 hard wiring for well being. Finish at 1pm

Mindful Self-Compassion 5-Day Workshop for Professionals

Date: 13-17 May 2019 (9:00am-5:00pm) Finish at 1pm on last day

Venue: Kirra Hill Beach Community Centre, 1 Garrick St, Coolangatta, QLD, 4225

Cost: Early bird (14 May): \$790.00

Regular: \$870.00

For more information or to register visit www.mindfulpath.com.au

