

Mindful Self-Compassion For Professionals

This wonderful program consists of didactic and experiential tools that we can apply to improve our professional and personal lives that we can also teach our clients.

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.



Mindful Self-Compassion 8 weeks Program

Week 1: Self-Compassion in daily life

Week 2: Mindfulness in daily life

Week 3: The Science and practices of Loving-Kindness

Week 4: Making peace with the inner critic

Week 5: Uncovering strengths and values

Week 6: Managing difficult emotions

Week 7: Transforming challenging relationships and self-care

Week 8: Hardwiring for happiness

+ Half day Mindfulness Meditation Retreat

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 Mindful Self-Compassion Teachers and have presented a combined total of over 100 MSC.

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Date: 11 Feb.- 1st April 2021 (6:30-9:00pm) + Retreat Sat 6 March Morning

Venue: Online

Cost: Early bird (27 Jan.): \$490.00

Regular: \$560.00

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



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