

Mindful Rejuvenation Course Outline

Two days - 12 hours CPD* Professional Development Getaway in the Outback

BROKEN HILL - ALICE SPRINGS - BROOME

30 & 31 May '15

27 & 28 June '15

8 & 9 Aug '15

Mindfulness is the act of paying attention in a particular way. This way involves bringing the attention to the present moment and being non-judgmental. Studies show that mindfulness can reduce stress, improve leadership performance, self-compassion, emotional intelligence skills and much...much more!

With a little practice anyone can do it and the benefits are profound leading to: an increased sense of happiness and wellbeing; increased clarity of mind; increased productivity and better health.

During this program you will:

- Apply leading edge mindfulness practices to broaden and build resilience and wellbeing
- Learn about the goal of positive psychology and application of evidence based practices to increase not just human happiness, but human flourishing.

RECOMMENDED FOR

Counsellors, psychologists, social workers and allied health practitioners to engage in 'self-care' activities and professional development learning. It will also be of interest to professional helpers Australia wide, nurses, therapists, welfare workers, teachers and volunteers, anyone who wishes to deepen their personal understanding and practice of mindfulness to build emotional resilience and promote wellbeing in the community.

*Participants may need to check with relevant registration body for endorsement of CPD hours.

Interactive Components

Complete an online strengths assessment at www.viame.org and bring your 24 signature strengths report to the retreat. Come prepared to talk about 'you at your best' using one of your strengths and bring a symbol of success. Wear comfortable clothing. Bring a pillow and warm wrap/jacket for variable air conditioning temperatures. Be prepared for outdoor activities in some locations.

RESOURCES

1. <http://www.investigatinghealthyminds.org> a global leader in research that has revolutionized how we understand the mind, our emotions, and how to nurture wellbeing for ourselves and others.
2. www.mindful.org provides the latest information on bringing mindfulness practice into our everyday life.

PRESENTER

Barbara E. Miller, BA (Science) BA (Adult Ed) Grad Dip (App Psych) is an organisational psychologist, life coach and principal of Potential Unlimited Canberra. She is a member of the Australian Psychological Society and Free the Mind Ambassador for the Center for Investigating Healthy Minds. A pioneer in the field of positive psychology, Barbara is a sought after motivational speaker on emotional resilience, mindfulness and happiness at work. Her mindfulness practice extends over thirty years.

Course Fee: \$500 (GST Incl.) 2 day workshop. **Early Bird/Concession: \$400** (register 12 days before event start date). **Group Booking: \$350 per person** (Min 3 per group).

Course Outline and Registration Form: <http://www.potentialunlimited.com.au/mindful-rejuvenation/>

Course Outline

Sessions are approximately one third content and two thirds practice. Practices include a variety of one-to-one and interactive practices as well as group conversations and individual attention training, free writing, reflection and active mindfulness practice outdoors.

SESSION 1: Day 1 (AM)

The Mindful Revolution

- Foundations of mindfulness
- Science of mindfulness and neuroplasticity
- Mindfulness-Based Stress Reduction (MBSR) Practices

SESSION 2: Day 1 (PM)

Mindfulness and Emotional Intelligence

- Elements of mental toughness
- Warning signs of occupational stress and burnout
- Mindfulness-Based Cognitive Therapy (MBCT) Practices

SESSION 3: Day 2 (AM)

Mindfulness and Character Strengths

- Resilience and wellbeing model
- Values in Action: You at your best
- Mindfulness-Based Strengths Practice (MBSP)

SESSION 4: Day 2 (PM)

Supercharging Mindfulness Practice

- Strengthening mindfulness in everyday life
- Valuing your relationships and self-compassion
- Dynamic mindfulness practice and expressive therapy

PLEASE NOTE: The above outline and session details are subject to change without prior notice.

