

2 days - 12 hours CPD* Professional Development Getaway



Mindful Rejuvenation

Self-care and wellbeing retreat to renew mind body and spirit

BROKEN HILL - ALICE SPRINGS - BROOME

30 & 31 May'15

27 & 28 June'15

8 & 9 Aug'15

Training program for counsellors, psychologists and allied health professionals to engage in 'self-care' activities and professional development learning. Also suitable for nurses, welfare workers, teachers, therapists, volunteers and professional helpers Australia wide.

By attending this 2 day weekend retreat you will learn current Evidence-Based Mindfulness Practices from several disciplines and techniques to:

- Minimize the impact of occupational stress
- Manage compassion fatigue and vicarious trauma
- Bounce back stronger from burnout
- Enhance performance, leadership effectiveness and wellbeing.

Come prepared to share experiences, connect with the spirit of the great outback and discover how modern neuroscience can rewire your brain to boost resilience, wellbeing and happiness.

Return home armed with renewed energy and some 'self-care' tips and tools using reflective practices and strengths based mindfulness to help yourself and others flourish.

Presenter:



Member
Australian
Psychological
Society MAPS

Barbara E. Miller, BA (Science) BA (Adult Ed) Grad Dip (App Psych)



Barbara is an organisational psychologist, life coach and trainer 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 she is a sought after motivational speaker on emotional resilience, mindfulness and happiness at work. Her mindfulness practice extends over thirty years.

Course Fee: Full price: \$500 (GST Incl.) 2 day workshop

Early Bird/Concessions: \$400 (register 12 days before event start date)

Group Booking: \$350 per person (min 3 per group)

Participants responsible for overnight accommodation if required.

Course Outline and Registration Form:

<http://www.potentialunlimited.com.au/mindful-rejuvenation>

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

Mindfulness is a critical skill that assists us to be passionate, present and wise.

With a little practice anyone can do it and the benefits are profound....

Greater happiness and wellbeing, Increased clarity of mind, Improved productivity and Better health.



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