



A Day of Mindful Self Care for Healthcare Staff with

Dr Maura Kenny and Georgie Davidson

Saturday 28th May 2022, 9.00am – 4:00pm

Research clearly shows that healthcare professionals give a lot of compassion to others yet are not so good at extending the same kindness to themselves.

This workshop will focus on a one day immersion in mindful self-compassion taught through compassion-building exercises and practices, and gentle restorative movement.

For those who have taken a mindfulness course before, this will help nourish your mindfulness practice and increase compassionate responses to both yourselves and those you work and live with.

For those new to mindfulness and self-compassion, it is an opportunity to get a taste of this approach and a sense of the possibility of living life in a different way.

Along with the companionship of other healthcare staff who understand the challenges of our work, you will be led through this series of practices and exercises in a beautiful location with delicious food and the guidance of experienced teachers.

Cost: \$280
The cost of the course is tax deductible or can be funded via training monies from relevant professional bodies.
Morning tea and lunch provided

Venue: Tilbrook Estate, 1856 Lobethal Rd, Lenswood (<https://tilbrookestate.com.au/>)

Registration: admin@mindfulscp.com

CPD Hours: A Certificate of Attendance will be provided on request

The teachers: Maura Kenny and Georgie Davidson (<https://www.mindfulscp.com/the-team.html>)