



# MINDFULNESS FOR THE HELPING PROFESSIONS

**ONE-DAY WORKSHOP**

## LEARN HOW TO BE RESILIENT AT WORK

This unique workshop is designed for people working in the most challenging jobs in our community – the helping professions - such as social workers, carers, community workers, health workers or teachers.

Such roles can be stressful and depleting, and helping professionals can be at risk of burnout. Mindfulness is also a key skill to be more effective in your role.

If you're a helping professional, this workshop and the ongoing support will help you be **more resilient**, **reduce your stress levels**, help you **improve your health**, be more **skilled in your role**, and be **happier at work and in life**.

**FRIDAY 24TH  
MARCH 2017**

**10AM - 4PM**

**CERES VAN RAAY  
CENTRE, EAST  
BRUNSWICK**

**PRICE: \$180**

**INCLUDES FULL  
CATERING,  
RESOURCES &  
ONGOING SUPPORT**

[WWW.AVISTAMINDFULNESS.COM.AU](http://WWW.AVISTAMINDFULNESS.COM.AU)

# A Workshop With More

When you attend the Mindfulness for the Helping Professions Workshop you will receive:

- Full Catering on the day
- Mindfulness Workbook & Journal
- Guided Meditations & Tips Wallcard
- Post-Workshop Email Course & Support (to help you implement what you have learnt)
- Invitations to future Retreat Days and Online Meditation Sessions

## Your Trainer

**Suzie Brown, Director of Avista Mindfulness Training** will be your teacher. Suzie is trained as a Mindfulness-Based Stress Reduction (MBSR) teacher and has taught mindfulness and resilience training to Helping Professions for the last 6 years throughout Melbourne & Geelong.

Past clients have included the Dept. of Human Services, Villamaria, Karingal, Sustainability Victoria, Red Cross Australia and other local & state government and community organisations.

## Book Now!

Book & Pay\* Online at:

[www.trybooking.com/OFHI](http://www.trybooking.com/OFHI)

Any Questions? Email Suzie Brown on [suzie@avistamindfulness.com.au](mailto:suzie@avistamindfulness.com.au) or phone 0419 002 606

\*Limited Scholarship places are available at a reduced fee for special needs cases. Contact us for more information.

More info at: [www.avistamindfulness.com.au](http://www.avistamindfulness.com.au)

