

# Mindful Self-Compassion For Professionals

This wonderful workshop consists of didactic and experiential training exercises in mindfulness and self-compassion to improve professional skills and personal lives.

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 5-Day Program

Day 1: Applying Self-Compassion and Mindfulness in daily life. Start at 2pm

Day 2: Benefits and applications of loving-kindness in daily life. Followed by making peace with the inner critic and positively motivate ourselves.

Day 3: Explore values, strengths and silver lining in times of crisis/challenges to promote growth. Followed by tools to ease difficult emotions and shame.

Day 4: Managing difficult relationships, caregiver fatigue, anger, forgiveness of others/self. Followed by a mini-retreat in the afternoon of MSC guided-meditations.

Day 5: Embracing your life and hard wiring for happiness. Finish at 5pm

Presented by Marie Bloomfield, and Marianna Lolas, Clinical Psychologists. Marie has over 40 years of extensive experience in mental health in the public, corporate, academic and private sectors. Marie was one of the first trained and accredited mindful self-compassion teachers in 2014 and has presented over 100 MSC since. Marianna has had a private practice in the last 10 years and is also a trained MSC teacher.

## Mindful Self-Compassion for Professionals Workshop 5-day

Date: 25-29 November 2023 (9:00am-4:30pm) finish at 1pm on the last day

Venue: Treacy Centre, 126 The Avenue, Parkville VIC 3052

Cost: Early bird (25 Sept): \$1,290.00

Regular: \$1,490.00

For more information email [marie@bloomfieldpsychology.com.au](mailto:marie@bloomfieldpsychology.com.au)

or to register visit [www.mindfulpath.com.au](http://www.mindfulpath.com.au)



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