



## TRAINING

# INTRODUCTION TO MINDFULNESS

PRESENTED BY: Julie Sparrow

Julie is a social worker and counsellor with over 20 years of professional experience, in government, non-government and university settings. She has facilitated a wide range of groups, including with parents, adolescents, and children. Julie enjoys the challenge of finding ways to communicate well with diverse groups. She also works for Anglicare in Relationship Education, facilitating groups on subjects such as resilience, parenting and building healthy relationships.

**Date:** 12 March 2018

**Cost:** \$135 per person (incl. GST)

**Time:** 9.00am - 12.30pm

**Location:** East Perth

### Course Overview

Mindfulness promotes personal wellness and professional resiliency. It is an evidence-based practice in which participants experience a greater ability to cope with daily stress and a greater ability to learn and to focus. This half day workshop will introduce participants to the science and research behind mindfulness, some guided mindfulness techniques, and explore what small changes people can make to their daily routine to cope with stress in the workplace or at home.

#### This half day workshop involves:

- An overview of Mindfulness
- What happens when you are unmindful
- The stress, mind and body relationship
- Brief guided mindfulness practices
- Ways to incorporate mindfulness practice into daily life

#### Who is this course suitable for?

This course is designed for people with no prior knowledge of mindfulness who want to learn skills to assist in reducing stress, improving concentration, and mental clarity.

#### By the end of this workshop, participants will be able to:

- Identify what Mindfulness is and isn't
- Recognise how practicing mindfulness can make positive changes to the way your brain works
- Utilise mindfulness to reduce stress, increase wellbeing, manage emotions and enhance performance
- Recognise how mindfulness can be incorporated into everyday simple activities

**If you wish to attend please complete a registration form.**

To register contact

9263 2122

or email [training@anglicarewa.org.au](mailto:training@anglicarewa.org.au)

   [anglicarewa.org.au/training-services](http://anglicarewa.org.au/training-services)

