

Mindfulness Training

for Health & Social Care Professionals

**This five-day training course will take place in Dublin on
21st/22nd October, 2nd/3rd Dec 2017 and 13th Jan 2018**

Would you like to...

- **Integrate mindfulness into 1:1 work with clients?**
- **Develop a mindfulness practice to support your wellbeing?**
- **Support your work in groups or teams?**

This five-day course is specifically designed for professionals who want to use Mindfulness Based Approaches in the workplace

Participants will be trained to use...

- Techniques to use mindfulness in one-to-one & group settings.
- Worksheets to structure and enhance client motivation.
- Strategies to manage unhelpful behaviours in clients.
- Tools to enhance clients coping skills.
- Methods to cope with challenging thoughts and emotional states.
- Skills to be more effective in working within multi-disciplinary teams.

Who should attend..?

- Team leaders • Psychologists • Care staff • Social Workers
- Counsellors • Nursing Staff • Social Care workers
- Occupational Therapists • Supervisors • Physiotherapists

€350
per person

Course Facilitator

James O'Shea is a counsellor, supervisor and mindfulness teacher with over 30 years of experience working in health and social care services throughout Ireland. Certificates of Attendance for CPD purposes will be issued to all participants who complete the 5 days.

For further information/bookings contact James jos368@gmail.com

MindAware Consultancy Ltd