Too often we adopt a ‘hero’ role, battling on in the face of overwhelming demands, ignoring our feelings as we witness patients’ pain and suffering. But this ‘detached’ form of coping can lead to emotional exhaustion, cynicism, de-personalisation and a loss of meaning. In contrast, ‘compassionate resilience’ draws on the strengths of your heart, soul and intuition as a compassionate healer.

Feeling overwhelmed, losing the joy in your work, stressed out, heading for burnout? This workshop is for you. We invite you to attend a day of renewal, reconnection and healing.

In this workshop, join with others as you...
• Reconnect to your identity as a compassionate healer
• Renew your values, hopes and ideals
• Learn how self-compassion and self-care serve others
• Uncover your hidden strengths
• Learn the latest science of compassionate caring
• Discover the daily practices that build your positivity, resilience, and capacity for compassionate care

Workshop Facilitators:

Dr Robin Youngson is an anaesthetic specialist, the CoFounder of Hearts in Healthcare, and the author of “TIME TO CARE - How to love your patients and your job”. He’s an internationally renowned leader in compassionate healthcare and has facilitated workshops for health professionals in NZ, Australia, Singapore, the USA, the UK and Ireland.

Lizzie Gilbertson has 40 years professional practice as an educator, naturopath, medical herbalist and clinical supervisor. She uses the science of psychoneuroimmunology to focus on how our emotional health influences wellbeing. Learning self-compassion allows us to make a heartfelt connection to other, helping to alleviate suffering, save lives and create a better workplace.

Gauri Durga is passionate about creating a nurturing and holistic health care system. She integrates clinical work as a registered nurse with mentoring, mindfulness, and the power of attitude to change the world around us. Gauri’s PhD studies include the integration of mind-body therapies into clinical practice and their role in preventing burnout in health professionals.

Register at: heartsinhealthcare.com/resilience
Open to all health professionals: Saturday 23rd August, 10am-4.30pm.
Venue: Invitation to Health, 256 Henry Parry Drive, Wyoming, Central Coast, NSW