

Continuing Professional Development
Mindfulness and self-confidence
Workshop held at College Farm

Led by: Joanna Beazley Richards TSTA, Registered Trauma Specialist

Saturday 20 February 2021

This workshop will enable participants to explore the nature of self-confidence through the practice of mindfulness at our little organic farm in High Hurstwood.

The learning objectives for the workshop are that participants will be able to; define mindfulness, describe the benefits of mindfulness in everyday life, be aware of research findings in relation to the benefits of mindfulness and physical and mental health, be able to state the benefits of mindfulness in relation to self-confidence, know some techniques for increasing self-confidence using a mindfulness approach, be aware of research findings in relation to the benefits of mindful experience of self, in relation to physical and mental health.

The workshop will be taught at College Farm, Fowley lane, High Hurstwood, TN22 4BG. Please bring suitable clothing for outdoor and indoor activities at the farm. Please also bring some food for lunch.

About the leader

John is a UKCP accredited psychotherapist, a Provisional Teaching and Supervising Transactional Analyst, and accredited EMDR Practitioner and a LENS Neurofeedback practitioner. John has many years of experience in the caring professions in Western and Eastern Europe. He has a clinical practice at the Wealden Institute. He has an Advanced Diploma in Forensic Counselling and Psychotherapy and has an interest in working with survivors and perpetrators of abuse, and with survivors of religious abuse.

This is recognised as 6 hours Continuing Professional Development - Cost: £ 119	
Venue: College Farm, Fowley Lane, High Hurstwood, TN22 4BG – workshop held online	
Entry requirements:	
I would like to book a place on the 'Mindfulness and self-confidence' On Saturday 20 February 2021 at College Farm, Fowley Lane, High Hurstwood, TN22 4BG	
TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 119
Our preferred payment method is by online Bank transfer to (please reference with your name): Account number: 91275682. Sort Code:40-18-39 NB. Your booking will not be accepted until payment is confirmed; both prepaid and paid workshops are non-refundable if cancelled within 3 weeks of the workshop date.	