

Continuing Professional Development Workshop

Mindfulness and self-esteem

Teaching methods will be didactic and experiential.

Workshop held at College Farm

Led by: Joanna Beazley Richards TSTA, Registered Trauma Specialist

Thursday 4 March 2021

This workshop will enable participants to explore the nature of self-esteem 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, define self-esteem and its signs, state some causes of low self esteem, describe the benefits of mindfulness in relation to self esteem, be aware of research findings in relation to the benefits of self esteem, know some techniques for increasing self-esteem using a mindfulness approach.

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 Workshop leader

Joanna is a Chartered Psychologist, a Teaching and Supervising Transactional Analyst, and is specially qualified in relation to learning disability. She has had a psychotherapy practice for more than thirty years and is an experienced Trauma specialist. Joanna has a special interest in working with the victims and perpetrators of violence and sexual offences. She is the founder and Managing Director of the Wealden Psychology Institute.

**This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 119
Venue: College Farm, Fowley Lane, High Hurstwood, TN22 4BG – workshop held online**

**Workshop Entry requirements:
Anyone, no prior training required.**

I would like to book a place on the 'Mindfulness and self-esteem' Workshop
On Thursday 4 March 2021 at College Farm, Fowley Lane, High Hurstwood, TN22 4BG

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| TITLE: | FULL NAME: |
| ORGANISATION: | |
| ADDRESS: | |
| | POSTCODE: |
| TELEPHONE(S): | |
| EMAIL: | |
| I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE: | |
| I CONFIRM THAT I SATISFY THE ENTRY REQUIREMENTS FOR THIS TRAINING; PLEASE TICK: | |
| DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS: | |
| 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. | |