SELF-CARE ONE DAY RETREAT
Care & Connection in the Workplace

FOR HEALTH & COMMUNITY WORKERS

Working within the care sectors can often take a toll on our body and well-being due to the challenges and increasing intensity that are experienced.

Stress, exhaustion, anxiety, depression, overwhelm, burnout, sleep problems, illness, poor eating habits, physical pain and restrictions have become commonplace.

These are just some of the signs that our body is not coping and far from its natural vitality to adequately deal with all that is being experienced in the workplace.

This one day retreat offers practical tools to value and prioritise your health and well-being as a foundational asset in the workplace and beyond.

This workshop will support you to:
• Sustain a steady disposition to deal with daily activities and challenges
• Experience and build sustainable tools in body awareness for self-care
• Review daily practices to support your self-care
• Place yourself first
• Restore ownership of your body, health and well-being

We know self-care is important but often don't know where to start or how. This retreat will inspire you to make it part of your daily life.

TAKING CARE OF YOU, SO YOU CAN CARE FOR OTHERS.

COURSE DETAILS

Date:     Friday 17th November 2017
Time:     9.00am - 4.00pm
Venue:    Peppers Beach Club & Spa, 123 Williams Esplanade, Palm Cove QLD 4879
Cost:     $190.00 - includes nutritious catering and retreat resource notes
Bookings: Bookings can be made online: www.livingmedicine.com.au/cairnsretreat
          Limited numbers - maximum 30 participants

YOUR PRESENTERS

Sarah has worked in the non-profit, government and private sectors as a communication and engagement professional for 30 years. She is a complementary healer and combines her experience and love of people to work with individuals to bring more self-care, and well-being strategies into their daily lives.

www.sarahflenley.com.au

Marcia has worked within the field of education, health and wellbeing for over 15 years in Australia and internationally. She offers preventative wellness services that bring focus to our breath, body and quality of being, to support participants to re-connect to the stillness, wisdom, power and intelligence that comes from their body.

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