

**Enhance the quality of communications and relationships**

*Increase your concentration and precision*

*Heighten the clarity of your thinking and intentions*

*Improve efficiency and safety*

*Deepen peace of mind and sense of flow*

*... Increased ability to be present, calm and flexible*

**Master stress or**

**... Understand and manage stress**

*Deepen insight and intuitive wisdom*

*... Develop a more compassionate and intuitive awareness*

**Awaken more authenticity, heart, soul,  
and caring in our lives and work**

*Increase resilience to change*

*... Recognition and acceptance of change*

**Strengthen faith and self-confidence**

**The Mindful Art of Providing Service is for people who are looking for ways to bring their inner self more fully into their work.**

By participating in this workshop you will find ways of enhancing existing skills and knowledge as well as developing creative and innovative ways of working with groups and individuals.

You will be invited to participate in activities that draw on and combine the creative arts, mindfulness practice and an exploration of our relationship with nature. This combination, this bringing together of your inner landscape with the outer landscape, can result in you bringing a more compassionate, mindful and curious attitude to the work you do.

The Creative Connection process interweaves the expressive arts – movement, art, sound, writing and guided imagery – to tap into the creativity that is within each of us. The workshop will allow you to experience the process of engaging in the expressive arts as a means of forging connections, developing awareness and reducing stress.

We will explore: different mediums including movement, the use of clay, pastels, music, writing and meditation.

This two day workshop will introduce you to the use of the creative arts in a meditative framework that will support you in both your personal and professional life.

The Mindful Art of Service Provision is for people involved in and committed to bringing about personal, social, community and environmental change.

- Counselors
- Therapists
- Psychologists
- Teachers
- Health workers
- Welfare and community based workers
- Child and youth workers
- Social and environmental activists

**What to expect :**

- Quiet and peaceful natural setting close to the beautiful Mount Warning
- Healthy Food
- 1 night accommodation in the Gymea Retreat and Spa
- Introduction into and understanding of the creative arts process for change
- Introduction into and understanding of meditation and mindfulness practices
- Skills and strategies that will support and compliment your work with groups and individuals

**Benefits of a mindfulness based approach:**

**To the organisation:**

- Less pre-occupation with personal issues
- Reduced workplace conflict
- Improved attendance and less turnover
- A more positive, calmer workplace culture
- Greater team cohesion and attention

**To the individual:**

- Increased motivation
- Increased ability to be present calm and flexible
- Clearer thinking and decision making
- Feel rejuvenated and in control
- Experience clarity of mind and body
- Understanding and reduction of stress

*"we are simply inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity right here and right now."*

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