



Critical Incident Stress Management Foundation Australia

Cultivating Wellbeing: In Pursuit and Practice - Melbourne 2010

Date:	Friday October 15, 2010		
Venue:	Travel Inn – Cnr Grattan & Drummond Sts, Carlton		
Time:	9 am to 5 pm		
Cost:	\$270 members	\$300 non members	

COURSE OVERVIEW: Work life balance and self care have been explored in various arenas evoking great interest from those who seek to further develop and improve their quality of life. Regardless of which profession or area of work we are engaged in, how we relate to ourselves and our environment does impact. Working in the 'helping' profession, while rewarding, may present a risk of stress, burnout and compassion fatigue. This one day workshop invites participants to take time out to explore and discuss with others – what it means to cultivate wellbeing. Exploration of our roles, values, and the direction we seek will be undertaken.

TRAINER: Linda Espie BA, Grad Dip Human Services Admin, Adv Dip Gestalt Therapy. Linda has been working in the field of loss and grief for 25 years providing counselling, education, supervision and consultancy. She is the author of five publications and works part time private practice. Linda has been providing education in Japan annually over the past 11 years and is currently manager of a Psycho-social Palliative Care team and is the Executive Officer of CISMFA.

COURSE INCLUDES: Lunch, morning/afternoon tea, teaching material and certificate of attendance.

Registration Form Tax Invoice

Please print clearly – Complete a separate form for each person **ABN 49 086 584 833**

Title _____ First Name _____ Last Name _____

Postal Address _____

State _____ Postcode _____

Occupation _____ Organisation _____

Work phone _____ Mobile _____ Email _____

Special Dietary Requirements _____

Payment Details

Please register me as a member @ \$270 non member @ \$300

Cheque enclosed Master Card Visa Bankcard

CARD NUMBER _____ / _____ / _____ EXPIRY _____

CARD HOLDER NAME _____ CARD HOLDER SIGNATURE _____

PLEASE RETURN THIS FORM & PAYMENT TO: CISMFA P.O. Box 554, Carlton South, Victoria, 3053 or fax (03) 9663 5422

THIS WILL BECOME A TAX INVOICE WHEN PAYMENT IS MADE

Refund Policy: Course fees will be refunded (less 15% administration fee) up to 21 days prior to the course. Please note that no refunds are possible 21 days prior to the course date. However, registrations are transferable to another person on notification to CISMFA. CISMFA reserves the right to cancel or change workshops where necessary. For further enquiries contact (03) 9663 7999 or E-mail: cismfa@bigpond.com