

Wellbeing for a Healthy Mind

Why is it that there are times in our lives when we can breeze through tasks and other times when we find getting out of bed difficult?

Our mental wellbeing is imperative to our everyday lives and yet we spend very little time checking in on our mental state.

Learn some brain basics to understand how your mind should be working (and how to get your mind back on track).

We look at thinking skills and strategies to enhance resilience so that you are better prepared for any setbacks or challenges.

What is a healthy mind?

- Understanding the concept of the Zone
- Signs and symptoms which indicate a move away from the Zone
- Thinking skills – how they work for and against us
- Resilience skill sets – how to enhance your ability to dealing with life

When: 5th October 2017

Time: 9am – 5pm

Trainer: Isla Gillespie

Venue: REIT, 33 Melville Street Hobart

Cost: \$250 (incl GST)