

Mindfulness and the Workplace

for Educators, Therapists and Clinicians

- * **Relaxation & Well being**
- * **Calm & contentment in the workplace**
- * **Positive mental, emotional & physical health**
- * **Improved concentration & communication**



VENUE: SPEECH & LANGUAGE THERAPY CENTRE
THE COURTYARD, KILCOLGAN, CO.GALWAY

DATES:

TIME: MAY 11TH 2013
10.00 – 4.00PM

This workshop explores the nature and essence of mindfulness in a relaxed, fun and creative environment. Simple exercises focus on social, personal and healthy well-being as a means of creating work-life balance and a harmonious work environment.

FACILITATOR: ANN CAULFIELD, MINDFULNESS MATTERS
CREATOR OF THE ZONE FOR KIDS, A CD ENCOURAGING
MINDFULNESS, RELAXATION & CONFIDENCE IN CHILDREN AGED 5-
12YRS www.mindfulnessmatters.ie

Also, visit our training website: www.trainingways.com

E Mail enquiries@trainingways.com or Call 091 796600/ 796777 to register your interest or send completed form below.

LIMITED PLACES

Please see overleaf for directions & Application Form

REGISTRATION FORM

FEE to include Teas, Coffees, Materials and Certificate of Attendance

PLEASE BRING A PACKED LUNCH

Name:

Address:

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Telephone No: Mobile No:

Email: Please feel free to join our mailing list on
www.trainingways.com for information about further courses.

Professional Details and Clinical specialty / interest

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Fee Enclosed €50

I will attend the course on 11th May 2013

Dietary requirements:

Signature: Date:

Cheques Payable to: **Training Ways**

Send to: Speech & Language Therapy Centre, Training Ways, The Courtyard, Kilcolgan, Co Galway,
Ireland.

Tel: 091 796777 Email: enquiries@trainingways.com www.trainingways.com

Receipt of Cheque will secure a place on the training course. And applications will be taken on a first
come first served basis.

Directions to the Courtyard:

From Limerick/Ennis/Gort: Proceed through the village of Kilcolgan staying on the main road until you can see in front of you MACE shop and post office. Turn LEFT immediately before MACE shop. Continue down this road for about 1 mile until you see on your **right** the entrance to Kilcolgan Castle that is marked "Private. Continue for a further 50 metres and the Practice gateway and car park is the next gateway on your right. Walk through to the courtyard buildings from the car park.

From Galway/Clarinbridge: As you approach Kilcolgan village you will see on your right MACE shop and post office. Turn right immediately AFTER the shop and proceed down this road for about 1 mile until you see on your **right** the entrance to Kilcolgan Castle that is marked "Private. Continue for a further 50 metres and the Practice gateway and car park is the next gateway on your right. Walk through to the courtyard buildings from the car park.