



Back by popular demand, Michael E. Thomas II
direct from New York USA presents:

SELF CARE FOR PROFESSIONALS

28 September 2012

Become more productive and effective in your work
through the promotion of good self care habits

Helping professionals commonly suffer their own secondary feelings of despair, helplessness, burnout, and even sickness. But before we can effectively help anyone else, we must first be able to properly care for ourselves. Explore the simple but profound ways in which attention to self care becomes the most important fundamental in caring for others.

Participants will be able to:

- Use practical self care life techniques
- Understand the various elements of self care
- Explore ways in which appropriate boundaries promote improved self care
- Understand the role of purpose in our work as a means to self care
- Identify the connection between hierarchy of needs and self care
- Explore the elements of holistic wellness as a means for resilience

Suitable Audience:

Case Managers, Teachers, Team Leaders, Managers, Coordinators, Residential Care Workers & School Support Staff

**REGISTER
NOW**
[click here](#)



Michael Thomas from New York USA, is a highly sought after motivational and keynote speaker with over 20 years of experience training groups and individuals. As a consultant and executive coach, Michael specialises in corporate team leadership, excellence, and raising and mastering healthy conflict. Drawing from a diverse background as stage actor, mental health professional, training director, and freelance textbook writer for The Princeton Review, Michael works regularly with public and private companies. Michael is a consultant, faculty member, and curriculum contributor for the Sanctuary Institute, and certified trainer within Cornell University's College of Human Ecology. He provides training throughout Australia on behalf of the Sanctuary Institute.

ENQUIRIES

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SELF CARE FOR PROFESSIONALS

28 September 2012

9.30am
Registration

10am - 4pm
Skill Bite

VENUE
Edgar-Lynch
Training & Meeting Rooms
3 St David Street
Fitzroy 3065

COST
Workers: \$195+GST

Refreshments, morning tea,
lunch & notes provided

PAYMENT OPTIONS

- Cheques/Money Orders made payable to "Australian Childhood Trauma Group"
- Electronic direct deposit to: "Australian Childhood Trauma Group" BSB: 083 218 Account: 519 963 647
- Credit Card/ EFTPOS available on the day

Please provide remittance

RSVP

By 21 September 2012. Please register via our website (preferred) or complete registration form and post/fax.

Cancellations must be received no later than 5pm, 21 September 2012.

Places are limited so please book early to avoid missing out!

Print this form for manual registration

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

(Please provide billing contact details if different from agency details provided above)

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive a letter of confirmation via email upon receipt of payment
- Please advise of any special requirements e.g dietary
- Receipts can be provided upon request

Seminar Enquiries and Registrations to:
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