



**Institute
for
Applied
Positive
Psychology**

REGISTRATION FORM

MINDFULNESS BASED BURNOUT PREVENTION RETREATS

Norfolk Island

These Retreats are specifically designed for health, education, and corporate professionals to learn strategies for preventing burnout based on Mindfulness and Positive Psychology. Each Retreat includes 15 hours of group workshops in Mindfulness Meditation and Burnout Prevention Strategies, as well as selected experiences each day to put Mindfulness into practice whilst savouring one of the remaining pieces of paradise on our planet – the magnificent Norfolk Island.

JULY:

○ **Saturday 27 June – Saturday 04 July (ex-Brisbane)**

(Flights from Sydney one day earlier arranged on request)

(Prices shown are ex-Brisbane, add \$200 for ex-Sydney prices)

Accommodation: Tintoela Homestead, Norfolk Island

Non-member: \$2,389

Member: \$2,139

DECEMBER:

○ **Tuesday 15 – Tuesday 22 December (ex-Brisbane)**

(Flights from Sydney one day earlier arranged on request)

(Prices shown are ex-Brisbane, add \$200 for ex-Sydney prices; all prices quoted are “high season” for December retreat)

Accommodation: Channers on Norfolk, Norfolk Island

Non-member: \$2,729

Member: \$2,529

Mindfulness Retreats are eligible for 15 hours of Active CPD



The package includes:

- ❖ Return airfares from Brisbane or Sydney including all taxes, fees and airport transfer
- ❖ Self-catering single room accommodation (twin on request for discount)
- ❖ 5 x 3-hour workshops addressing the neuroscience and therapeutic benefits of mindfulness as a powerful tool for burnout prevention, including guided Mindfulness Meditation practices (15 hours of CPD)
- ❖ Program of included Mindfulness experiences arranged just for the group
- ❖ Opportunities for one-on-one peer consultation
- ❖ Exclusive half-day guided island tour
- ❖ Access to hire car (share with group)
- ❖ *Optional extra activities* can also be arranged including tai chi, golf, horse-riding, craft tour, and much more

Participants will:

- ❖ Learn the latest science of Mindfulness and its impact on the brain, emotions, and health
- ❖ Pick up practical strategies to integrate Mindfulness into daily life as a core burnout prevention tool
- ❖ Learn to challenge the negativity bias and regain a more balanced life
- ❖ Experience a selection of Mindfulness techniques for managing thoughts, emotions and behavioural habits
- ❖ Relax with exclusive activities including massage, yoga, painting and bushwalking (or alternatives)
- ❖ Develop their own personal burnout prevention plan integrating a range of self-care strategies

About the Retreats...

It's estimated that at least 65% of professionals providing care for other people will experience burnout at some stage during their working lives, with many suffering years of "compassion fatigue" without seeking help. Acknowledging warning signs and taking steps to manage symptoms is often challenging for professionals - the most common reasons for suffering in silence are shame and feelings of "weakness", belief that their careers will be jeopardised if they reveal symptoms, and needing to maintain an image of strength for their clients. Additionally, many professionals in people roles know the theory of self-care but get so caught up in their busy lives that they fail to do what's best for their own health.

Mindfulness is now well established as a powerful set of strategies for tackling many emotional difficulties including burnout, and several recent studies have shown that undertaking an intensive Mindfulness-based self-care program can make a profound difference to subjective wellbeing for health, education and corporate professionals at risk for burnout.

Our exclusive 7-day Retreats at the historical and breathtakingly beautiful Norfolk Island are specifically designed for medical and allied health professionals, teachers and other educationalists, police, paramedics, emergency services personnel, and others whose jobs involve caring for people in high-pressure roles where self-care is often neglected, and burnout a high risk. The principle driving this unique program is - to update a famous quote by the late Christopher Peterson - YOU MATTER TOO! We take you away from all the usual demands on your time to give you an experience of complete relaxation, time-out to re-evaluate and learn to apply simple techniques for making your life more meaningful and satisfying. Most of all, we aim to give you an experience you will never forget in a place that teems with magic and calms the soul.

About the Group Leader...



Dr Kate Lemerle PhD is the principal psychologist and founder of the Institute for Applied Positive Psychology. She has over 38 years' experience as a psychologist in clinical, organisational, community and academic settings including teaching undergraduate psychology, health promotion, coaching and positive psychology courses at various universities in NSW and QLD. Kate now provides Positive Psychology training for allied health professionals through the IAPP which she founded in 2014. She has been running these Retreats since the start of 2015 and is passionate about sharing the experience of Norfolk Island and its unique beauty and culture whilst also promoting wellbeing and resilience with colleagues.

REGISTRATION DETAILS

Name: _____

Mail address: _____

Mobile: _____ **Email:** _____

Occupation: _____

Would you like to become a member of IAPP – \$99 per year for discounts on all events? **No thanks** **Yes please, add fee to total below (and complete membership application)**

Do you wish to book non-participant/s in the Retreat or Intensive? **No thanks** **Yes please (tax invoice will be sent)**
How many?

Please select payment type:	<input type="radio"/> Full fee for Retreat (IAPP Member) payable by 22/05/2015	<input type="radio"/> Full fee for Retreat (Non- Member) payable by 22/05/2015
	<input type="radio"/> Full fee for Retreat (IAPP Member) payable by 21/09/2015	<input type="radio"/> Full fee for Retreat (Non- Member) payable by 21/09/2015

1. By phone (credit/debit card): (07) 3999 8613 OR FAX Registration Form to (07) 3319 6604
2. Bank transfer: BSB 638060 ACCOUNT 13378775 (Heritage Bank) (name as reference)
3. Credit card/EFTPOS (*Fax or email details below*):

Name on card:																
Card number:																
Expiry date:					CCV:				\$							

Cancellation Policy:
 50% refund for money paid, minus \$50 administration fee, for cancellations 60 days prior to the event. No refund for cancellations with less than 60 days' notice.