

**A one day
experiential workshop**

When: Sun 27.9.09

Time: 9am to 4 pm

Where: Richmond
School of Arts

Reflect Relax Rejoice

**An opportunity to Reflect on your lifestyle,
Learn about stress and its impact on our quality of life &
Rejoice by learning creative ways to release stress and
bringing the body back to balance**

ABOUT THE PRESENTERS

Marlies Zoll Bach Arts, Grad Dip Psych, Post Grad Dip Psych, Grad Dip in School Counselling, Assoc. MAPS
Certified Rudolf Steiner Teacher, Certified Extra Lesson Teacher.

Marlies is a registered psychologist who is skilled and experienced in a broad range of areas. With over 10 years experience, she has worked with adults, adolescents and children drawing on a wide range of different modalities of treatment. She takes a holistic approach and, depending on the client's needs and preferences, combines counselling with elements from psychotherapy and energetic healing. She believes in promoting self-esteem, motivation and self-mastery skills and puts a strong focus on identifying a client's strengths and resources. She also assists clients in the process of self-development work. Counselling is based on development of a trusting relationship and strict adherence to confidentiality.

For more information view www.marlieszoll.com.au

Mala Sharma BSc, Grad Dip Ed, Grad Dip Psych, Post Grad Psych and Grad Dip in School Counselling, Assoc. MAPS.

Mala is a Registered Psychologist, currently in private practice providing psychological support mainly to adults. Mala is also a school counselor with the Dept. of Education and training. Mala specializes in the treatment of trauma, anxiety, anger related issues, pain management, overcoming bad habits and addictions and depression. Mala uses a holistic and an eclectic approach using a variety of evidence based therapies, focusing on the client's strengths to bring about a positive shift in their lives. She has trained with the famous American Clinical Psychologist, Dr Maggie Phillips for Somatic Experiencing. Mala's specialized training also extends to Acceptance and Commitment Therapy (ACT) using Mindfulness techniques.

Mala is also a Clinical Hypnotherapist and a Neuro Linguistic Practitioner.

The pace of life is continuously increasing and with this the stress levels are often rising. While some stress is considered to be of benefit to mobilize the will and resources to get things done, the accumulation of stress and multiple stressors have been found to have an adverse effect on emotional and physical health.

Stress is the body's normal automatic defense mechanism which kicks in when we sense danger or an upset in the balance in our environment. When working properly, the stress response helps a person to stay focused, alert and protected. The energy from the body's stress response helps us to deal with challenges, and explore new situations with concentration, focus and provides the energy and drive to keep going.

If stress gets to an inappropriate level for too long, it stops being helpful and begins to cause major damage to our health, mood and our daily functioning. As a result our whole quality of life gets adversely affected.

The objective of this workshop is to

- ⇒ Learn about stress and its impact on our health, relationships and quality of life.
- ⇒ Assess our personal stress levels and associated symptoms
- ⇒ Reflect on the relationship between life style/choices and stress levels
- ⇒ Be able to identify how stress and associated symptoms manifest in the body
- ⇒ Look at our thought patterns and its contribution to how we act and feel.
- ⇒ Learn a variety of strategies to release stress and bring the body back to balance
- ⇒ Improve resilience
- ⇒ Have an enjoyable and memorable day and return with 'recharged' batteries

Please bring a blanket, a pillow and wear comfortable clothes

Come and experience Brain and Body energizing with a variety of relaxation techniques including different types of meditations. This workshop is for people who are looking at ways of balancing their life style to manage stress, anxiety and depressive symptoms.

Lunch, morning and afternoon tea will be provided. Bring a friend and

Reflect

Relax

Rejoice

Relax, Rejoice

