

Mind Training and Mindfulness for Carers

As part of our commitment to improving the lives of those impacted by progressive neurological diseases, we are inviting you to participate in a select training program specifically designed for Carers. With the support of the MND and Me Foundation, we have engaged leading experts in “Mind Training and Mindfulness” techniques that will provide you with a range of tools and practices and help you deal with the chaos and overwhelm of life as a Carer.

Mind Training and Mindfulness is a cutting edge development program, specifically designed to restore a sense of perspective and control for people under high pressure. The Townsville program will be delivered via a three session face-to-face course – conducted over two months.

What the program can mean for you!

- You will learn how to reduce the mental interference that gets in the way of being your best and provide you with the ability to de-stress and become more resilient in a demanding environment.
- You will learn how to bounce back in the face of exhaustion and the relentless demands being placed on you.
- You will learn how to best manage factors like fatigue, overwhelm, fear, lack of awareness and lack of focus.
- You will learn how to improve your mind health, mind efficiency and mind resilience.
- You will learn how to better access your creative and intuitive mind.

Structure of the Delivery – 3 Sessions at Townsville RSL

- **Session 1:** Sunday 15 October 9am – 4pm
- **Session 2:** Sunday 22 October 10am – 3pm
- **Session 3:** Sunday 12 November 10am – 3pm

Facilitator: Derek Leddie and Dr Samantha Graham (Out of Your Mind)

Venue: Townsville RSL – 139 Charters Towers Rd, Hyde Park QLD 4812

RSVP: By Friday 6 October to admin@mndandme.com.au or 07 3394 5333.

We understand that spending time away from your loved one is not easy and often also involves a financial cost. Attending three sessions may seem an impossible task, however we can work with you to help you get there. We believe very strongly in the benefits of this program and urge you to consider participating.

If you would like to learn more about the Mind Training, or to reserve your spot, please email admin@mndandme.com.au and/or view previous participants' feedback: <https://www.youtube.com/watch?v=YzVmkCAVXrg>

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