

"Wonderful, excellent course, comprehensive, incredibly stimulating and informative."

I want more! It opened my mind to a better, smarter way of thinking.

"I have learnt more from this training than any other course I have ever attended and there have been many!"

DATES & LOCATION

January 22	Bendigo
January 23	Castlemaine
February 13	Echuca
February 22	Woodend
April 3	Castlemaine
April 16	Bendigo
April 26	Kerang

STRESS REDUCTION WORKSHOP

For many people, everyday stress builds to a level that seems too hard to handle. Pressures mount as you try to meet the demands of family and work. Caring for children or elderly parents, deadlines at the office, mounting bills all become overwhelming. Attending a stress reduction workshop can give you the tools you need to cope with the stress in your life.

More here: <https://tinyurl.com/ya44423c>

DATES & LOCATION

February 9	Level 1 Mildura
February 10&11	Level 2 Mildura
February 20	Level 1 Bendigo
March 1	Level 1 Echuca
March 13	Level 1 Castlemaine
April 30	Level 1 Mildura
May 1&2	Level 2 Mildura

HANDLE INTRODUCTORY COURSES

Level 1

During the Introduction to HANDLE®, Level 1 you will become familiar with; the neuroscience behind the approach, an approach that synthesises systems thinking, compassion, non-judgement, neuroplasticity, and nutritional science. HANDLE a unique, effective approach that educates, inspires and empowers, the individual and family to do life with more ease.

Level 2

The Level 2 delves deeper into the ways the brain takes in information and processes it; how that impacts on behaviour, learning and all brain functions; and how one's developmental history and future aspirations influence the brain regardless of age. You will become familiar with more HANDLE activities and tools that may be used with groups or one-on-one to enhance learning and functioning at any age!

More here: <http://compassionate-therapy.net.au/coursesworkshops/>



**COMPASSIONATE
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CENTRE**

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*Holistic Health
Educators and
Mentors*