

Essentials: An experiential exploration of the state of mindfulness and its potential impact on our everyday professional practice

Date: Tuesday 16 April 2024

Venue: Virtual Event via Zoom

Timings:

9.00am Registration

9.30am Welcome

12.30pm Close

Course Fee

£150.00

Accreditation

This course is eligible for **3 CPD** hours subject to your peer group approval.

Suitability

Therapists, councillors, coaches, mental health support workers, health professionals, social workers, consultants and educationalists

The Venue

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

T: 0113 85 55638

E: andrewsimscentre.lypft@nhs.net

W: andrewsimscentre.nhs.uk

About this course

Many practitioners are primarily employed to have conversations to deliver support and to promote change. The quality of our interactions are therefore crucial in the work that we do, and the change we try to effect. The state of mindfulness offers a radically different way of relating to our experience that has been found to significantly impact on our ability to facilitate change in others.

Course Objectives

After attending this course you will be able to:

- Have an experiential understanding of mindfulness
- Have the tools to cultivate and develop mindfulness within their professional practice
- Appreciate the role of mindfulness in supporting change

About our speaker

Dr Sahaja Davis, Course Director, University of Sheffield. Sahaja has been involved in teaching mindfulness for over twenty years. During this time he has led a number of retreats, professional courses and contributed to conferences around the world.

His initial doctoral research involved developing a model of mindfulness that could be used by education and health practitioners in their work with their clients. This led to further research and training, working closely with a range of professionals including therapists, psychologists, teachers and senior leaders.

Sahaja currently works at the University of Sheffield as a tutor and course director on the Doctoral in Educational Psychology where he continues to explore the role of mindfulness in supporting professionals, children, and families.

Andrew Sims Centre Reservation Form

BOOKING CONFIRMATION

All bookings will be confirmed in writing via email. Further details including programme times and venue information, will be sent approximately 2 weeks prior to the event date via email. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee. We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time. For further information on the conditions of booking, please [click here](#).

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, by receiving our fortnightly e-newsletter, please tick []

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Course Date: Tuesday 16th April 2024

Your Details

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title:.....

First Name:.....

Surname:.....

Job Title:.....

Speciality:.....

Trust/Organisation:.....

Work Telephone:..... Mobile:.....

Email:.....

Dietary Requirements:.....

Other:.....

Signature:..... Date:.....

Payment Options

COURSE FEE: £150.00 []

ONLINE: Please visit www.andrewsimscentre.nhs.uk and pick the course you would like to attend to book and pay.

TELEPHONE: With debit or credit card 0113 855 5638

INVOICE: Please send a copy of Purchase Order with delegate details/Trust/PO Number to andrewsimscentre.lypft@nhs.net

LYPFT INTERNAL TRANSFER & STUDY LEAVE Please email andrewsimscentre.lypft@nhs.net with the following information:

Budget Holder Name.....

Budget Holder Email.....

Budget Code.....

Budget Holder Signature.....

Budget Transfer will occur in **April** 2024