



## Mind Body Resilience

5 Days of Practical, Active, Evidence-Based Wellbeing Activities & Professional Development.

Take time out to rejuvenate in the stunning natural environment of the Byron Bay National Park. Daily workshops teach evidence-based information and resiliency skills. Learn to apply Acceptance and Commitment Therapy coupled with Positive Psychology to create changes in wellness and self-care behaviours for both you and your clients.

“Great opportunity to get out of our heads and into our body, certainly improved my physical/mental/emotional wellbeing.”- retreat participant.

Packages start at \$2018 including 5 nights accommodation and all meals.



## Wellness Intensive for Health Professionals

Byron Bay  
29th October to 3rd November 2016

- \* Increase your resilience and vitality
- \* Prevent burn out
- \* Enhance effectiveness with clients

### The Presenter

Dr Samantha Clarke (PhD) is a Clinical Psychologist and a Personal Trainer. Her PhD is in the area of goal striving and harnessing intrinsic motivation to enhance wellbeing. She has provided training in ACT and Positive Psychology across Australia.

Visit [www.scclinpsych.com.au/mbr](http://www.scclinpsych.com.au/mbr) for further information.

