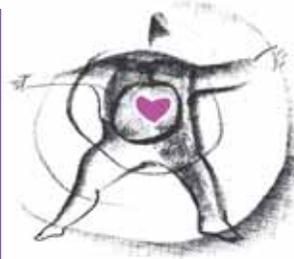




The Janki Foundation for Global Health Care
*Values-based care supporting practitioners and patients –
 putting heart into healing*

What's on... April to June 2011

Workshops for healthcare practitioners



Nurturing Resilience

Sunday 17th April, 2011 2.30pm - 5.00pm

Registration required by: Wednesday 13th April

Facilitators: Reverend Lizzie Hopthrow, Chaplain, and Nannette Jackson, Counsellor and Bereavement Coordinator

Challenges to our stability are inevitable but it is our capacity to regain our poise quickly that enables us to lead a constructive and fulfilling life. How quickly can you recover from challenges brought about by adverse events, people and situations? This session will explore how to access resilience by drawing on our inner strength when the going gets tough.



Compassionate Care

Sunday 15th May, 2011 2.30pm – 5.00pm

Registration required by: Wednesday 11th May

Facilitators: Mai Newe, Freelance Office Management and Personal Development Training Consultant

Compassion can be likened to the sun, in that it is always there but sometimes it cannot shine through because of clouds. The clouds are the negativity that obscures our true nature of compassion. Compassion brings humanity to health care. It is the expression of our innate qualities of patience, generosity and kindness. This session explores ways to bring compassion into care.



Please see overleaf for details and register at
events@jankifoundation.org
 for any of the events or call 0208 459 1400

www.jankifoundation.org



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SPECIAL EVENT: open to anyone interested in well-being

Heart of Well-being

Sunday 19th June, 2011

2.00pm – 5.00pm

Registration required by: Wednesday 15th June

Facilitator: Jan Alcoe, Author of 'The Heart of Well-being',
 quoted as the book of the week in YOU magazine, Mail on Sunday.

Challenge and stress are ever present in these changing times we live in. How do we learn to survive and thrive? As we respond to what is going on in the world around us our well-being can begin to become eroded without us even noticing. We forget what it is like to be fully well and we lose sense of the potential we all have to achieve wholeness in our lives. In this workshop, Jan will explore what is at the heart of well-being and introduce some tools for recovering, protecting and improving well-being on all levels – physical, mental, emotional and spiritual.

Jan Alcoe is a registered hypnotherapist, writer and trainer in holistic health and well-being. In addition to writing 'The Heart of Well-being', she is also author of 'Lifting Your Spirits: seven tools for coping with illness' (Janki Foundation, 2008) which she developed following treatment for cancer.



Please register at:

events@jankifoundation.org for any of the events or call
0208 459 1400

VENUE: The Janki Foundation for Global Health Care, Moran House, 449/451 High Road, Willesden, London, NW10 2JJ.

There is no charge for these events. However, we request a £10 refundable deposit to secure a place for each workshop (voluntary contributions welcome).

Reg Charity No: 1063908

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