

Self Care / Support at Work

Valuing the self requires that we recognise our own worth and, in doing so, can better acknowledge the intrinsic worth of others. Participants will explore ways they currently do look after themselves and consider what sources of personal support they have available to them in particular situations. Self-confidence will grow as they develop their self-respect. This can help them to bring mutual respect and harmony into their relationships, to the benefit of themselves, their patients and colleagues.

Sunday 24th April 2005, 10.00am – 5.30pm

Facilitators

- Margaret Barron, Administrator of The Janki Foundation
- Dr Clare Minty, Psychiatrist

Exploring Spirituality and Healing / Spiritual Care in Practice

Spirituality in Healthcare is a vital concept in furthering the ideals of holistic health and in meeting the spiritual needs of patients and practitioners alike. This session involves participants in clarifying concepts of health and healing, spirit and spirituality, in order to further develop their values-based practice.

Sunday 22nd May 2005, 10.00am – 5.30pm

Facilitators

- David Goodman, Community Dentist
- Joy Rendell, Occupational Therapist Clinical Specialist

I would like to register for the following:

Seminar	Date
Seminar	Date
Seminar	Date
Seminar	Date

Title	First Name	Surname
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Profession	Organisation
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Address (Home/Work*)	Postcode
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*Delete as appropriate

Telephone	Email
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Thrive and Survive in the Workplace!

Values in healthcare

a spiritual approach



Seminars organised by
The Janki Foundation for Global Health Care
to support healthcare practitioners

Inner Values / Values at Work

Values can be described as core beliefs or principles. Our values form the foundation of our judgement about what is good and bad, right and wrong, what we hold to be admirable or important in life. In turn, our values determine the basis of our actions, particularly those actions where other people are involved. This session will help participants to identify their own core values and those values that have particular relevance at work for healthcare professionals.

Sunday 26th September 2004, 10.00am – 5.30pm

- Facilitators**
- Carole Buchanan, Freelance Management Development Consultant
 - Bhavna Patani, Co-ordinator of The Janki Foundation

Being Peaceful / Peace at Work

Peacefulness is the medicine for 'burnout'. Peace is our natural state, and within all of us there is an innate core of calm and tranquillity waiting to be rediscovered. This session uses simple yet powerful ways to access this inner peace. By practising peacefulness, participants can access their positive qualities, which help to build self-respect and contentment.

Sunday 31st October 2004, 10.00am – 5.30pm

- Facilitators**
- Cherry Steinberg, Senior Occupational Therapist
 - Helen Wall, Acupuncturist

Being Positive / Positive Interaction at Work

Positivity is about having the choice and power to change the way we think. Positive thoughts enhance the feeling of well-being. However due to demands and pressures, healthcare professionals can sometimes get caught in a cycle of negative thinking. This session will help participants to recognise unhelpful patterns of thinking and change them to more positive ones. The resulting positivity and optimism brings benefits not only to themselves, but to colleagues and patients.

Sunday 28th November 2004, 10.00am – 5.30pm

- Facilitators**
- Maggie Parle, Care Manager, Specialist Team Older People
 - Esme Withers, Health Visitor

Finding Compassion / Compassion in Practice

Compassion brings humanity to health care. It is the expression of our innate qualities of patience, generosity and kindness, yet there are often personal barriers to its expression – anger, anxiety, guilt and attachments. This session will help participants to acknowledge and tackle these barriers and to view compassion as a value they can consciously express throughout their practice.

Sunday 30th January 2005, 10.00am – 5.30pm

- Facilitators**
- Carol Evans, Counsellor/Psychotherapist
 - Dr Kala Mistry, Psychiatrist

Understanding Co-operation / Working in Teams

Co-operation is about working together successfully, as individuals and in teams. This session will help participants to gain an understanding of the thoughts, attitudes, feelings and behaviour which enable successful co-operation. It will enable them to build team spirit in non-competitive ways, so that tasks become enjoyable and creative.

Sunday 27th February 2005, 10.00am – 5.30pm

- Facilitators**
- Dr Val Davies, Retired General Practitioner
 - Gill Taylor, Interfaith Minister

These events are designed to promote discussion/reflection on the new training *Values in Healthcare: a spiritual approach* created to help healthcare professionals take a fresh values-based approach to their learning and practice. Seminars are offered free of charge by The Janki Foundation for Global Health Care.

All of the seminars will take place in Central London.

Registration is required to attend – please complete the reply slip and return to:

The Janki Foundation for Global Health Care
449/451 High Road, London NW10 2JJ
Tel: 020 8459 1400 Fax: 020 8459 9091
Email: info@jankifoundation.org

A confirmation letter with location details will then be sent to you.