

De-Stress Workshop for Health Professionals: self-care and complementary medicine strategies

1 October, 2011, Saturday at AUT University, North Shore Campus Time: 9 am - 4 pm

Facilitators – Dr Rebecca Schipper and Tina Hejrskov

Objectives: Stress offers unique opportunities to change our response to everyday adrenalin boosters, becoming resilient beings. Most of us feel overwhelmed at times and require a refresher on how to use our basic coping mechanisms in healthful ways. This interactive session includes presentations, discussions, and workshops--supporting you to develop your own action plan to begin/enhance your path to balance. For maximum benefit, active participation is encouraged and comfortable clothes recommended.

Topics include:

Understanding stress

Self-Care - The path to balance

Tools to create a better work life for yourself and a happier workplace

Complementary relaxation techniques

Action plan: increasing your quality of life

Resources provided to support your well-being.

Cost: \$175 (includes morning and afternoon teas and lunch)

Early Bird Registration by (8 September, 2011): \$155

This course is worth **5.5 hours of CPD** for Dental professionals

Dr Rebecca Schipper

Dr Rebecca Schipper received her Doctor of Dental Medicine qualification from Oregon Health Sciences University in Portland, Oregon, USA. She practiced General Dentistry in a busy Portland managed health care group for 20 years. Upon moving to New Zealand, she became a Senior Lecturer at AUT University and then Co-leader of the School of Oral Health.

Rebecca currently works as a Scientific Affairs Manager and continues to fulfill her passion for teaching by frequently lecturing in New Zealand and internationally. Certified in complementary modalities, Rebecca helps free emotional blockages and dissolve stress in the body to facilitate healing and promote wellness at The Sanctuary in Red Beach.

Tina Hejrskov

Tina Hejrskov received her Bachelor of Nursing from Copenhagen Nursing School. She practiced nursing for 10 years, specializing in psychology and mental health nursing. In addition, Tina's postgraduate teaching qualification has led her to present classes around the world. As an NLP Master Practitioner, Tina has excellent skills to help others reprogramme negative thought patterns in practical ways, enabling course participants to remove blocks to their full potential. Tina has expertise in additional complementary methods, has worked in management and brings a compassionate heart to her work.

Please contact Deb Webster: DWebster@aut.ac.nz to enrol