

DE-STRESS Workshop for Dental Professionals

1 October, 2011, Saturday at AUT University, North Shore Campus

9 am - 4 pm

Facilitators – Dr Rebecca Schipper and Tina Hejrskov

Programme

- 8.30am *Registration: Coffee & Tea Available*
- 9.00am *Welcome*
Dr Rebecca Schipper - Dentist, Complementary Modality Practitioner
Tina Hejrskov - Registered Nurse, NLP Master Practitioner
- 9.10am Tina Hejrskov
Stress – The good, the bad and the ugly
The happy marriage of Salvador Self-Care and Bella Balanced Life
Optimise your wellbeing at work
- 10.30am Morning Tea
- 10.45am Tina Hejrskov
Optimise your wellbeing at work continued
- 11.00am Dr Rebecca Schipper
Complementary De-stress techniques
- 12.00pm Lunch
- 1.00pm Rebecca Schipper & Tina Hejrskov
Complementary De-Stress techniques
- 2.15pm Tina Hejrskov
Action plan
- 3.15pm Afternoon Tea
- 3.30pm *Feedback, summary, networking, resources*
- 4.00pm Close