

SELF-CARE FOR CARERS



IS IT YOUR TURN TO BE CARED FOR?

COME ALONG AND LEARN THE FUNDAMENTALS OF SELF CARE SPECIFICALLY FOR CARERS

Whether a family member or professional carer you probably don't have a lot of time to think about your own needs. You may be overwhelmed and exhausted from the daily demands of being a carer, dealing with toxic behaviours and relentlessly putting other people's needs before yours.

However, being present and more loving with yourself are the most important tools for any carer – for without YOU in tip-top condition where does that leave the ones you care for?

JOIN US in an interactive and practical workshop exploring the fundamentals of Self Care, what is right for YOU, how to implement Self Care strategies on a consistent basis and how to manage reactions.

YOU WILL LEAVE WITH REALISTIC & EFFECTIVE TOOLS AND STRATEGIES THAT YOU CAN IMMEDIATELY APPLY TO YOUR PERSONAL & PROFESSIONAL LIVES

GIVE YOURSELF 3 hours to remember that you, as are we all, more than a carer, a disability or a diagnosis, to:

- Focus on supporting YOU – for a change
- Explore new perspectives around fundamentals of Self Care – Presence & Awareness for boosting and maintaining all aspects of psychosocial wellbeing and professional stamina
- Reconnect with your body – because like any vehicle we all need a tune up
- Learn how to avoid and / or manage your reactions
- Avoid / recover from 'Carer Fatigue' and 'Occupational Burnout'
- Discover how your Self Care also supports your loved ones and clients
- Meet and workshop with professional Counsellors and other carers - who understand what you are going through

Inclusions: Worksheets, a delicious morning tea provided and PD Certificate available

Register your Expressions of Interest here www.jeannettesinger.com/caring-4-carers



Add a little light to your life

**WITH JEANNETTE SINGER & NICOLE SJARDIN –
“TWO BRILLIANT AND PROFOUND PRESENTERS WHO
INSPIRE DEEP INNER-JOY, CLARITY & SETTLEMENT,
EVEN IN THE DARKEST PLACES.” ~ M.T. Perth**



Jeannette Singer

Jeannette is a Counsellor and Wellness, Psychosocial Recovery and Meditation Coach. She has offered Counselling and Coaching programs to hundreds of people with ‘different’ mental abilities and health conditions, including carers struggling with ‘Carer Fatigue’ and ‘Burnout’, anxiety, depression, overwhelm and trauma. She supports people to get real and explore new perspectives, to understand, navigate and change unwanted behaviours. She is a master at blowing fresh breezes over stale old personal and relationship patterns.



Nicole Sjardin

Nicole has been working as a Counsellor and Remedial Massage Therapist specialising in Integrative Bodywork, Relaxation and Self-Care. She brings a wealth of both professional & personal experience in supporting people of all ages, with a broad range of psychological and physical issues to become the scientist in their own lives and better understand what their body is communicating. Nicole is a master at supporting people to understand their triggers and how to respond to them, to build resources and balance their body, mental & emotional wellbeing.



Courses are available in person or via ZOOM
For Expression of Interest and Bookings please
contact Jeannette

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