

Mental Fitness in Professional Practice: Beyond Self-Care to Intentional Mental Health Fitness

WHEN Thursday, February 22nd 2024
9:00 AM - 4:00 PM

WHERE Tamworth NSW 2340
Australia
[View Map](#)

COST Training is FREE for rural mental health workers, funded by the NSW Health Rural Mental Health Partnership



Scan for [more information](#)
and [registration details](#)

Supported by neuroscience, this training will take a whole-of-person approach to professional practice going way beyond self-care. It will involve building an awareness of unconscious scripting which undermines our sustainability as well as lots of practical strategies to build mental strength.

The course is designed for individuals who work in the rural mental health context. It is appropriate for workers of all professional backgrounds and experience.

Training is a 1-day interactive workshop. Attendees will learn key skills on conscious professional practice. It will involve several opportunities to build practical skills. Attendees will also receive a digital booklet to support ongoing implementation of learning.