



Resilient Practice

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www.resilientpractice.co.uk

Aims and Objectives of the Session

- Define resilience
- Establish self-awareness as the route to wellbeing
- Introduce a host of tools and techniques for daily use
 - The Empathy Bubble
 - Breathing Exercises
 - The White Room
 - Standing Tall
 - Visualisation exercises for between patients
 - The Power Retrieval

What Next?

- www.resilientpractice.co.uk
 - Weekly wellbeing article
 - Monthly free meditation meeting
 - Bibliography
 - Audios of meditations
- Email us info@resilientpractice.co.uk
- Look out for our full day courses
- Our book 'How to Rise – A Complete Resilience Manual' is out with Sheldon Press.

