

engageforchange

SUSTAIN

Midsummer taster

20th June 2009

Cost £10 including light lunch

10 a.m. – 2 p.m.



We talk about sustainable communities but what about sustaining ourselves? This half day introduction will help you:

- **to learn positive, preventative ways to look after yourself so you can engage and keep going in high pressure jobs, services and situations.**
- **to handle pressure and avoid burn out so you can enjoy using your skills and experience over a longer time frame.**

What will I learn?

- **relaxation methods that can be done any time anywhere**
- **creative ways of handling difficult news or situations**
- **emotional awareness**
- **energy management**
- **creating collective support systems**

How will I learn it?

The session will be participatory so that you can try things out for yourself. It will be responsive to your particular issues, questions and needs, with opportunities to learn from others and share your knowledge and experience.

Who is it for?

People working in the public, community and voluntary sectors and grassroots activists.

NB. This taster introduces some of the essential skills, attitudes, methods, models and concepts that can create and support healthy working practice.

A two day course is available which enables participants to go deeper and learn a range of approaches for sustainable activism.

Where is the venue?

At the Old Music Hall, on the Cowley Rd (next door to G+D's ice cream parlour)

Who is the trainer?

Maitrisara is an experienced trainer specialising in creative approaches to sustainable activism and well being in the community and voluntary sector.

She leads workshops in mindfulness-based relaxation methods and facilitates the Work that Reconnects (associated with Joanna Macy's work) across the UK.

For more information

Please just get in touch with us by email or phone or see our website.

Bookings

To be sure of a place, please send a cheque for £10.00 - payable to **ReachAbility** - at the address below by 12 June latest.

Spaces are limited!



The Old Music Hall, 106-108 Cowley Rd, Oxford OX4 1JE