



Connect and Harness Your Resilience

A 4-Week Experiential Online Workshop for Mental Health Professionals, Supervisors, Coaches, Counsellors & Therapists

FOR
HEALTH
PROFESSIONALS

Connect to Your Inner Strengths. Deepen Your Professional Practice. Embody Your Resilience.

Workshop Overview

Harness Your Resilience is a 4-week online experiential workshop (2.5 hours per week) designed for professionals working in therapeutic, coaching, mentoring, or supervisory roles. Through Brainspotting, reflection, and group dialogue, this program supports deep personal and professional exploration.

Each themed workshop uses a consistent framework to guide participants through reflective processes, integrating theory and subcortical processing to access insight, clarity, and direction.

What You'll Experience

Experiential exercises to uncover, reflect on, and grow your internal strengths. Brainspotting to process professional edges, inner barriers, and growth goals.

Discussion around core reflective questions:



Where am I in this journey?
Where do I want to be?
How do I get there?
How will I know I'm there?

Themes Available

Wellness & Intentions - Exploring the Role of Self in Professional Identity
Clinical Supervision – Interactions with Clients and/or Supervisees

Upcoming Dates

Wellness, Growth & Intentions

Thursdays – 30 October, 6, 13, 20 November
(10.00 – 12.30 pm)
Tuesdays – 18, 25 November, 2, 9 December
(5.00 – 7.30 pm)



Supervision – Interactions with clients and or supervisees

Wednesdays – 12, 19, 26 November, 3 December
(5.00 – 7.30 pm)



Key Concepts Explored

- The Seven R's of Resilience
- Post-Traumatic Growth in Professional Practice
- Subcortical healing with Brainspotting
- Intentional practice through a Mind-Body-Soul lens
- Reflective activities, questionnaires & group sharing

Program Fee

\$500 + GST

Who This Is For

Therapists, Supervisors, Coaches, Counsellors, Mentors, Psychologists, Consultants, Social Workers, Mental Health Professionals.

What You'll Bring

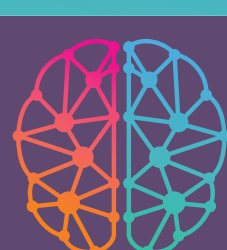
- Openness, honesty, and curiosity
- Willingness to reflect and engage
- Your own intentions, questions, or edges
- Something meaningful to you, to share with the group
- Your individual (self created) resource kit – details provided prior to workshop

Your Action

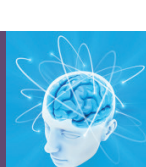
Please complete the Registration Form to secure your place.

*The stronger you become,
the gentler you'll be on yourself
and others.*

General Enquiries
& Registration Form



MINDMATTERS
COUNSELLING SERVICES



It is all about mind matters.

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