

Self-Care and Personal Development with Bach Flower Remedies and other tools

A Day for Somerset Health and other Professionals

Thursday 1st November 2018, 9.30 - 4pm

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GP Patient Safety Lead, Health for

Health Professionals Educator

Donyatt Village Hall. A358, near Ilminster TA19 0RG

Sometimes we go out of balance, hold onto painful memories, or carry emotional trauma. Understanding our 'software', how we can influence it positively, and learning techniques to retune ourselves are important. Sensitive empathic people find these skills invaluable. Many people use Rescue Remedy or Calm Down for work stress or general benefit.

Flower Essences work to help bring out positive qualities of our emotional being, acting as gentle tuning forks for our Software Being to help us feel and perform better in life. Used proactively, they have been called the "effortless tools of personal development" – well nothing's quite that easy, but they certainly can help a lot! The biggest barrier to use is knowing how – this day is designed to get you started with all you need as an adult learner. 'By working with nature, we discover our own inner nature' as nature can reflect our self back to ourselves - and "You don't have to feel unwell to want to be better"

Following a recent pilot in the workplace with encouraging results, Andrew has been asked by Health Professionals to run further teaching days.

By the end of the day, you should understand more about self-care at an emotional level, including grounding, and how to use tools such as acupressure, emotional stress release, Bach and other flower essences to rebalance yourself, heal hurts and grief, and work proactively on Personal Development. You will also make yourself a personal development bottle

Just bring pen, self and enthusiasm to learn! NB new book available free download from www.healthandself.care

The day is free; teas and coffees provided. Please bring own light lunch

Donations towards Samaritans appreciated

5 hours CPD Credits available **Please book place on**
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