



Post Congress Workshop: Stress Management (YORK University)
Venue: Advanced Cardiac Centre
Hall: Room # 2024

7th November 2017; 09:00 hrs – 17:00 hrs

Session Details

Speakers: Harvey Skinner

York University, Faculty of Health, Toronto, Canada

Susan Harris

York University, Faculty of Health, Toronto, Canada

Workshop Agenda

- a) Welcome and Overview of the Workshop: perspectives of Susan and Harvey and your personal learning objectives
- b) Mindfulness Meditation Exercise: being present in the moment with awareness and compassion
- c) Tai Chi Energy Exercises: warming up our body and mind
- d) Switching Exercise: Centering to get in balance
- e) Finger Holds: managing emotions
- f) Tapping - Emotion Freedom Technique (EFT): for reducing anxiety/stress
- g) Pal Dan Gum: embracing the 'lion's roar' positive energy in us
- h) Reflections on the Workshop: 'what will you do differently – the Monday Morning question?' - implications for your professional and personal lifelong practice
- i) Conclusion: 'the leadership dance'
- j) Feedback and Evaluation