

Meditation-based Wellness & Compassion Training 

Positive psychology-based Wellness & Compassion Training 

Coaching-based Wellness & Compassion Training 

Staff Wellness & Compassion Sessions (September 2022 schedule)

Zoom meeting number is: Please email nickolasysydney@gmail.com for details

Daily online Meditation-based Wellness & Compassion (MWAC) sessions:

Self-care helps us care for others. Please drop into any session, whenever you can.

Mondays: Guided Mindfulness 2.30-2.45pm

Research has found that mindfulness helps to reduce stress and cultivate a clear and calm mind.

Tuesdays: Guided Mindfulness 10.00-10.10am + 2.30-2.45pm Guided Kindness or Compassion

Research has found that kindness and compassion practice helps to strengthen care and connection.

Wednesdays: Guided Gratitude 2.30-2.45pm

Gratitude practice helps to balance the stress of life, with pleasant and uplifting thoughts and feelings.

Thursdays: Guided Mindfulness 10.00-10.10am + 2.30-2.45pm Guided Self-compassion

Research has found that self-compassion is powerful, but not easy. Practise growing your self-compassion.

Fridays: Guided Deep Relaxation 2.30-2.50pm

A chance to release physical, emotional and mental tension that has accumulated throughout the week.

Can't make the live sessions? Try the MWAC meditations @ www.humankindmeditation.com or 

'Wellness Soundbite' sessions (informed by positive psychology, coaching & meditation)

These helpful and thought-provoking sessions include a mini-presentation, reflection, and Q&A.



Thu 1 Sep	2.45-3.15pm	How can I form a positive habit?
Mon 5 Sep	2.45-3.15pm	'It can be tricky being human & it's not our fault.' A facilitated discussion
Tue 6 Sep	2.45-3.15pm	How to be an even better listener (using a 4 part deep listening method)
Wed 7 Sep	2.45-3.15pm	The what, why & how of well-being: Insights from research & practical tips
Thu 8 Sep	2.45-3.15pm	Being a friendly, listening ear: How to have a <i>Supportive Conversation</i> (3 part method).
Fri 9 Sep	2.45-3.15pm	<i>Peer Support Chat</i> (a chance to express what work has been like for you lately)
Mon 12 Sep	2.45-3.15pm	A practical way to cultivate relationships and connections. Bring pen and paper.
Mon 19 Sep	2.45-3.15pm	Developing even greater emotional intelligence by understanding the purpose of emotions
Thu 22 Sep	2.45-3.15pm	What are some brief strategies that can be used when I'm stressed or upset?
Tue 27 Sep	2.45-3.15pm	<i>Meditation Clinic</i> (a chance to ask questions & and share your reflections about meditation)
Thu 29 Sep	2.45-3.15pm	What are common unhelpful thinking patterns and what can I do about these?
Mon 10 Oct	2.45-3.15pm	Resilience is the ability to bounce back from adversity – <i>really?</i> A facilitated discussion

Wellness Chat: stay on line each day for a chance to chat about wellness, or a friendly listening ear with Nickolas

Want to learn how to facilitate mindfulness, deep relaxation, and wellness sessions? Contact Nickolas

Thank-you for the care that you are providing people, and for participating in these wellness sessions!

More information: Nickolas.yu@health.nsw.gov.au Program Manager Staff Wellness & Patient & Family-centred Care.

Heart Health

Supporting a compassionate workplace



**Meditation-based Wellness
& Compassion Training** 

**Positive psychology-based
Wellness & Compassion Training** 

**Coaching-based Wellness
& Compassion Training** 

Thank-you for the care that you are providing people, and for participating in these wellness sessions!

More information: Nickolas.yu@health.nsw.gov.au **Program Manager Staff Wellness & Patient & Family-centred Care.**