

Looking at Loss and Grief

Professional Development Training by The Grief Centre

Facilitating Hope in Times of Despair

5th June 2019 - Auckland

A one day workshop presented by Liese Groot-Alberts

This workshop aims to explore how we can facilitate despair and hope in the physical, emotional, intellectual and spiritual quadrants.

Hope has a very strong healing power in dealing with illness, grief, loss and trauma experiences. Life and suffering are inextricably linked. Hope and despair sit closely together, despair being defined as suffering without meaning.

We will explore ways to use hope as a bridge to transcend from the past into the future with renewed energy and find the power to take the next step.

This workshop will aim for participants to get a better understanding of:

- The constructs and framework of hope.
- How to facilitate hopelessness and despair.
- How to facilitate the healing power of hope.
- How to increase resilience.

About Liese:

Liese works internationally as a public and keynote speaker, palliative care educator, presenter of loss, grief and bereavement trainings and clinical supervisor for healthcare professionals. Liese has specialised in conducting trainings and seminars in trauma, loss, grief and bereavement, palliative care, as well as self-care for the carer, resilience and spirituality. Her passion is working with difference and finding strength and hope in connectedness.

Further Information

- Date:** Wednesday 5th June 2019
Time: 9.30am - 5pm
Venue: Potters Park Events Centre, 164 Balmoral Road,
Balmoral, Auckland
Cost: \$150 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Providing transformative support through loss and grief