

Mind Mode's **FREE WORKSHOPS** *Every Monday from 1-3pm*

Come to any that you like or ALL of them!

Each will be run as a separate workshop, all you need to do is call or email to book and complete your consent form.

Workshop #1

**Overview of
CBT**
(Cognitive Behavioural Therapy)



Workshop #2

**Behavioural
Activation**
(Making habits work for you)



Workshop #3

**Think
Different**
(Cognitive Reframing)



Workshop #4

**Values &
Committed Action**
(Being the you, you want to be)



Workshop #5

**Motivation &
Goal Setting**
(Gettin' it done)



Workshop #6

Mindfulness
(What mindfulness ACTUALLY is)



Workshop #7

**Self
Compassion**



Workshop #8

**Radical
Acceptance**
(How accepting can mean letting go)



Workshop #9

**Boundary
Setting**
(Being assertive & following through)



Workshop #10

**Healthy
Relationship
Building**
(The Gottman Sound Relationship House)



Workshop #11

**Emotional
Regulation**
(Hint: It is NOT about not feeling)



Workshop #12

**Diet &
Your mental health**
(Written by our dietitian)



Call: 02 4288 4667

Email: admin@mindmode.com.au