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SKILLS FOR CARERS

Centre for Health, Community
and Wellbeing

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A Course for Family Carers: **EMOTIONAL MASTERY**

This course is about gaining an understanding of how our emotions affect us and how we can use them to improve the quality of our life. The price we pay when we shut down our emotional expression can be loss of energy and passion for life and feelings of tiredness and fatigue or disease. Also expressing too much emotion or letting our emotions overwhelm us can be damaging to our relationships, wellbeing or success in life. The technique of Meridian Tapping will be discussed and The Tapping Solution DVD will be played in week 2. This method for emotional freedom is easy to learn and literally taps into your body's own energy.

Facilitator: Carol Guy, a registered nurse with qualifications in Mental Health and Life Coaching.

Date: Tuesdays - 5, 12, 19, 26 March

Time: 6 - 8pm

Venue: CIT Woden, Ainsworth St, Phillip, Canberra

Cost: Free

To Register: 6207 3628 or

CarerSkills@cit.edu.au

Note: By family carers we mean family and friends of a frail older person, or a person with a disability, chronic illness or mental health issues. Paid support/care workers are not eligible to attend. For more information, 62073628 or CarerSkills@cit.edu.au

