



Canadian Mental
Health Association
Cowichan Valley

2-Day Mindfulness-Based Resilience Training (MBRT)

February 8 & 9, 2024: Space is limited

REGISTER before February 1, 2024: includes lunches

Early Bird: \$750 before January 19, 2024

After January 19, 2024: \$950

CONTACT: Savneet.Shoker@cmha.bc.ca

MBRT: Learn and practice resilience and growth mindset, breath work, meditation, mind-body wellness, and mindfulness skills that sustain and optimize your health, humanity, and performance. Mindfulness is a category of mind training that explores the three different modes of attention and trains them to enhance new forms of concentration, self-awareness, and situational awareness to enhance all cognitive, emotion regulation, and interpersonal skills. MBRT is an evidence-based, psycho-educational program with a decade of research efficacy with first responders and frontline health professionals.

This is an intensive introduction to the science of the mind and cognitive conditioning through mindfulness meditation and mindful movement. Opportunities for experiential practice through guided and individual meditations and mindful movement are supported with lectures/discussions throughout each training day.

TRAINING OBJECTIVES:

- Understand how the current landscape of research literature endorses the benefits of mindfulness within public safety and public health.
- Apply a new understanding of the interpersonal neurobiology of occupational stress, trauma recovery, and optimal performance.
- Develop a growth mindset and trauma competency skills.
- Train toward a skillful inner coach; understand, and work with self-criticism. • Explore strategies to create and sustain a greater capacity for leadership of self and others.
- Understand new possibilities and strategies toward individual and organizational resiliency.
- Build a plan to integrate mindfulness skills into the rhythms of daily living.

TRAINER: Richard Goerling is a certified mindfulness facilitator specializing in training that supports health, humanity, and human performance. He is a researcher, a coach, a retired law enforcement officer, and a US Coast Guard veteran. For over a decade, Richard has spearheaded the integration of mindfulness in public safety across the US and Canada. Richard also serves as Faculty at the Mindful Health and Resilience Lab with Pacific University's Graduate School of Psychology and regularly collaborates on mindfulness research with first responders and frontline health professionals

[Leading Health, Humanity & Performance \(mindfulbadge.com\)](https://mindfulbadge.com)

[Mindful Health & Resilience Lab | Pacific University](#)

