



# ACTIVATE SEMINAR SERIES

## MINDFUL SELF COMPASSION

with Joanna Giannes, Educator, Psychotherapist and Leadership Development Specialist.



**Presented with support from the James and Diana Ramsay Foundation**

Life in the arts can be stressful at the best of times – navigating uncertainty, instability, emotional challenge and vulnerability. This has only been amplified due to COVID-19. This is why building mindfulness, compassion and especially self compassion whilst staying connected to community is vital during these ever-changing times.

In response to the current situation, we are pleased to offer eligible emerging creatives an opportunity to participate in a four week online program to assist them as they navigate through this time. Over these sessions Psychotherapist Joanna Giannes will work with a small group of creatives online in a program that will delve into mindfulness, compassion and self compassion. Through guided meditations, self compassion exercises and tips for practice participants will strengthen their practice and build resilience.

Each session will run for 60 minutes and will be limited to 15 participants. Participants will be expected to attend all four sessions in order to get the most out of the program and to connect with the community created. There will be time for questions and participation.

### ABOUT JOANNA

Joanna is an Educator, Psychotherapist and Leadership Development Specialist with over two decades of industry, government and community leadership experience. She has worked locally, nationally and internationally in leadership development along with managing, designing and facilitating in an award-winning community leadership program. Joanna is a qualified psychotherapist with post graduate qualifications in organisational learning and education (leadership).

Joanna has created many programs that build capacity in individuals and communities drawing from multiple disciplines with a deep emphasis on authenticity, self-realisation, power and meaning, to facilitate transforming oneself and society. Joanna currently serves as Deputy Chair on the board of The Leadership Network.

**WHEN:** Four x 60 minute sessions: Mondays, 25 May, 1, 8 & 15 June 2020, from 4:00-5:00pm ACST (Adelaide time)

**WHERE:** Online via Zoom

**WHO:** Emerging Creatives who are eligible for Helpmann Academy support.

Visit <https://www.helpmannacademy.com.au/about/who-we-support/> to check your eligibility.

**FREE BUT REGISTRATIONS ESSENTIAL** > <https://www.helpmannacademy.com.au/activate/mindful-self-compassion/>

Successful registration for these workshops will be confirmed by Helpmann via email and will be determined on a first-come first-served basis for eligible artists. Places are limited and are strictly reserved for emerging creatives who are eligible for Helpmann Academy support.

**Please ensure you are available for all 4 sessions. You will be required to upload your academic transcript as proof of eligibility.**

The Activate Seminar Series aims to empower emerging creatives with practical knowledge to help build and sustain a successful creative career.



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