



AHaSC Anthroposophic Health, Education & Social Care Movement

Following the inspiring conference with Michaela Gloeckler, Steiner Waldorf School Doctors would like to invite you to our next revitalizing workshop :

Resilience with Dr Peter Gruenewald

Dr Peter Gruenewald would like to invite us to explore highly effective resilience techniques and to make them available to children and their families and professionals working with children.

This workshop is for doctors, nurses, Rudolf Steiner teachers, therapists, learning support teachers and those in training in any form of these professions ONLY. It will be held at Wynstones School, GL4 0UF, on the 1st of October 2016 9am-5pm.



In addition to the Saturday workshop, on the 30th September 2016 at 7.30pm, Dr Peter Gruenewald will give a public talk on 'The Resilient Parent' for anyone interested. There will be a collection by the door to fund open talks at Wynstones.

Dr Peter Gruenewald is an NHS GP principal in Bristol, an Anthroposophic Physician, as well as a school doctor. He is internationally renowned in the field of 'Adaptive Resilience' and an Associate Fellow at Saïd Business School, Oxford University. His work is based on research and best practise in the field of neuroscience, clinical chronobiology, mindfulness, positive and motivational psychology. For more information about Dr Peter Gruenewald's work see www.adaptive-resilience.com and www.londonintegratedhealth.co.uk.

The workshop can be counted towards the Health Professional Training or as CPD.

The cost for the Saturday workshop is £45 (concessions £30), lunch provided. For bookings and enquires, please send an email to SchoolHealthProfessionals@gmail.com with your name, profession and workplace. We will get back to you a.s.a.p. Thank you.

Steiner Waldorf School Doctors