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**DESCRIPTION:**

Mindful parenting is about learning to experience family life fully, as it unfolds - moment by moment. This workshop will help awaken you to the fullness of your life with your children, and learn ways to transform your moments of despair and struggle to those of peace and joy.

Topics covered include:

- Parenting our children and re-parenting ourselves
- Listening to little people
- Riding the Ups and Downs
- Playing for life, playing for love

This engaging 6 hour workshop is held over 2 mornings and is aimed at all parents and parents-to-be.

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**ABOUT  
NICK TABLEY:**

Nick Tabley is a registered psychologist with diverse skills and experience in counselling and psychotherapy, adult education and human resource consultancy. His qualifications include Masters Degrees in Applied Psychology and Adult Education from Macquarie University and University of Technology Sydney. He holds Diplomas in Clinical Hypnotherapy and Family Therapy, and Yoga Teaching. He is a registered psychologist in NSW.

Nick has more than 20 years experience across areas such as individual and family counselling, life transitions, trauma and stress management. He has provided services and consultancy expertise for a range of large and small organisations in the corporate and community sector. He has been a Family and Child Counsellor and a Relationship Educator with Relationships Australia in Wollongong.

He has also worked for more than 10 years in community health developing and running small group programs including men's health, communication skills, stress management and relaxation, interpersonal skills, yoga and fitness training and meditation. He continues to be actively involved in community based education and health promotion.

Nick has a firm belief in the innate ability of people to forge their own unique solutions to life's challenges. To this end he invests his energy, experience and skills to work with individuals, groups and organisations in a respectful and creative way to contribute towards their health, wellbeing and achievement.

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**DURATION:**

6 hours (held over 2 mornings)

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**WHAT TO  
BRING:**

Please bring a notebook and pen.

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**RECOMMENDED  
READING:**

*Everyday Blessings: The Inner Work of Mindful Parenting* by Myla Kabat-Zinn and Jon Kabat-Zinn

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**AFTER THIS  
COURSE:**

You might like to consider the following related short courses:

- Introduction to the Holistic Perspective (part of the Diploma of Counselling)
- Introduction to Transpersonal Psychology (part of the Certificate of Transformational Coaching and Diploma of Transpersonal Coaching)
- Meditation 1 (part of the Meditation Facilitator's Certificate and Diploma of Energetic Healing)

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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