



TASMANIAN ASSOCIATION OF VOCATIONAL REHABILITATION PROVIDERS (TAVRP) INC.

REGISTRATION NOW OPEN

INVITES YOU AND YOUR COLLEAGUES TO A BREAKFAST PD PRESENTATION

TOPIC: BREATHWORK TECHNIQUES TO REDUCE STRESS

SPEAKER: DR REBECCA CHABOT, PURE WELLNESS TASMANIA

Objective: To learn strategies and techniques that will improve both physical and mental wellness, particularly to reduce stress levels and boost resilience so the recovery process is expedited. These tools can be used by rehab professionals themselves to stay calm amidst a heavy workload, and can also be taught by the professionals to their clients in need of helpful strategies.

Everyone can learn to harness the superpower of the breath. In this session, participants will learn the basic science around breathing as a practice of mindfulness and why learning to breathe better is important. They will be guided through a variety of basic breathing practices and techniques that will introduce them to the power of the breath to improve mental and physical health. Breathing is a readily available relaxation tool that can divert the acute stress response and return the nervous system to its relaxed, restful state. A regular practice of breathing exercises has been shown to reduce anxiety, high blood pressure, depression, PTSD, anger, tension and chronic pain.

With over 25 years in the field of wellness and a PhD in science, Dr Rebecca Chabot provides a scientific approach to restoring balance to the mind, body, and emotions through wellness, first for the individual and subsequently for the community as a whole. She will help you strengthen connections, re-build confidence, adjust mindset and improve overall wellness for a more harmonious, efficient and stress-free life.

The views expressed by the presenters are theirs and are not necessarily those of TAVRP Inc.

PROFESSIONAL DEVELOPMENT BREAKFAST SERIES

Tuesday 20 February 2024

Please arrive by 6.30am for coffee orders

Breakfast served at 6.45am sharp

Presentation 7.00am

Event concludes 7.30am

The Duchess Café
231 Sandy Bay Road Hobart

RSVP by payment and submission of this form by Thursday 15 February 2024



TAVRP Inc
GPO Box 1637, Hobart TAS 7001
E: admin@tavrp.com.au

TAX INVOICE ABN 96 128 479 496
(This part will form your tax invoice – no receipts will be issued). Presenter Dr Rebecca Chabot (20.02.24)

Yes! I would like to attend the TAVRP Breakfast Presentation on 20 February 2024

Following is my breakfast request (Please pick one):

Smashed Avo and Persian Feta on Grilled Sourdough, Poached Egg, Pomegranate, Dukkah

Eggs Benedict Smoked Salmon, Poached Eggs and Apple Cider Hollandaise on Rye Toast

Duchess Granola with Poached Apples, Blueberries, Coconut Yogurt and Almond Milk

Special Dietary Requirements:

Members \$26 (GST inclusive)

Non-Members \$37 (GST inclusive)

Name:

Address:

Phone:

Email:

Company:

Direct deposit: Name: WBC Hobart BSB: 037 001 Account: 186192
(Please include your name on the deposit receipt/reference section)

(PREFERRED PAYMENT METHOD)

Credit Card: Charge to my AMEX Visa MasterCard

Name on Card:

Card Number:

Expiry: /

Signature:

CVC:

Please note: There are no refunds or credits available after the RSVP date

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