**Self-Care and Personal Development with Bach Flower Remedies**

**Donyatt Village Hall, Ilminster TA19 0RG**

**Wednesday 30th November, 0930 - 1230**

**Dr Andrew Tresidder, MBBS, Somerset Health Educator**

Sometimes we go out of balance, hold onto painful memories, or carry emotional trauma. Understanding our ‘software’, how we can influence it positively, and learning techniques to retune ourselves are important. Sensitive empathic people find these skills invaluable. Many people use Rescue Remedy or Calm Down for work stress or general benefit.

Flower Essences work to help bring out positive qualities of our emotional being, acting as gentle tuning forks for our Software Being to help us feel and perform better in life. Used proactively, they have been called the “effortless tools of personal development” – well nothing’s quite that easy, but they certainly can help a lot! The biggest barrier to use is knowing how – this day is designed to get you started with all you need as an adult learner. ‘By working with nature, we discover our own inner nature” as nature can reflect our self back to ourselves - and “You don’t have to feel unwell to want to be better”

Following a recent pilot in the workplace with encouraging results, Andrew has been asked by Health Professionals to run further teaching days.

By the end of the morning, you should understand more about our Software Being including grounding, and how to use Bach and other flower essences to rebalance yourself, and work proactively on Personal Development. You will also make yourself a personal development bottle

Bach sets will be available and other essences will be available, as well as a selection of books. Feel free to watch **Drops from Nature** shares7 minutes of joy, exploring how flower essences can help us. Beautifully filmed by Charles Wood, and interviewed by Rebecca Pow

<https://www.youtube.com/watch?v=5WpxH2jJsH4>

Please bring pen, self and enthusiasm to learn!

**Cost: Free**

**Teas and coffees provided.**

2.5 hours CPD Credits available

**Please book place through Andrew Tresidder**

**Andrew.tresidder@nhs.net** **01460 57475**