

## **Experiential Workshop on Buddhist Philosophy and Mindful Self-reflection in End-of-Life Care**

Practicing self-reflection and mindfulness can help protect professionals against burn-out and compassionate fatigue in End-of-Life Care (EoLC). This experiential workshop is tailored for health and social care professionals who wish to understand buddhist philosophy in EoLC and experience mindful self-reflective practices. Masters at Tsz Shan Monastery will lead participants in a tranquil guided tour of the premises, and share their wisdom on Buddhist EoLC practices. In addition to the complimentary mindful vegetarian lunch, participants will also be able to practice self-reflection and self-care in the experiential workshop.