

Bach News E-Bulletin issue 15: December 2010

NEWS FROM NELSONS' EDUCATION TEAM:

As we approach the end of 2010, it's time to look back on a year that's been challenging – yet, fulfilling! It has been a challenging year to fill our courses but fulfilling as we haven't fared too bad compared to last year. The past few months have been exceptionally busy with us not just executing plans for 2010, but also finalising plans for 2011! These plans are now in place and the e-bulletins next year will keep you updated on their progress.

New starter in the education team

I am pleased to be able to let you know that we have a new Education coordinator, Emma Wright, joining us this month. Emma has worked as learning support officer with the Science museum for the last three years. She is very excited about her new role and has already completed the online introductory module on the Bach flower remedies on our website! So she is no stranger to the system, and is looking forward to attending her BIEP courses. Emma will be the first point of contact for enquiries and can be contacted on Emmawright@nelsons.net.

Regional Conferences – 2011: Regions finalised!

In the last practitioner e-bulletin, we announced the initiative of regional conferences for 2011. We received a positive response and now have our four regions finalised:

East Anglia
Kent
Nottingham
Edinburgh

Many thanks to trainers in these regions for taking a step forward to have a conference locally.

Details regarding dates, venues etc. will be communicated early next year.

During the next few months, we will be working closely with Bach friendly groups in these regions to get the best advice on venues etc. and we will keep you updated regularly through emails.

CAM EXPO:

The Nelsons education team attended CAM EXPO in Oct '10 to promote the BIEP courses – both London based and regional courses. The show was attended by over

5500 people and we made sure that as many of them as possible received a BIEP leaflet so they could learn more about our education programme.

From our perspective, it has always been an interesting experience to attend these shows and identify audiences that are interested in learning more about the remedies. It helps us plan where to advertise, how to improve our visibility and ensure that we get more students year- on- year to attend BIEP.

Bach Practitioners area on the Nelson's website

For those of you who are interested in creating an account but haven't yet requested one, below is a quick reminder of the material you will have access to and instructions on how to create an account:

The Bach practitioner area is password-protected and is only available to currently registered BFRPs. Each practitioner will have their exclusive logon code to access this section of the website. Once you have logged in, you will be instantly taken to our exclusive Bach practitioners area, where you will be able to access the following resources designed specifically for BFRPs:

- Continuing Professional Development courses for Bach practitioners.
- Bi-monthly issue of practitioners' e-bulletin that contains updates from Nelsons as well as practitioners.
- Communications toolkit that was developed with information to support you in communicating with your clients, public and the press.
- Leaflets that can help provide additional information on the remedies.

How to access our exclusive Bach practitioners' area on the new Nelsons website:

Go to <http://www.nelsonsnaturalworld.com/en-gb/practitioners-partners/bach-practitioners/>. This is our area providing information about the BIEP.

In order to access our Bach practitioner area, you will need a user account. Simply go down to the 'Registration for new users' section and fill in your details via the registration form. Click 'Register' and your details will be passed onto the Education team to verify that you are a BFRP.

If your registration is approved, you will receive confirmation from the Education team within 5 days of submitting your details. You will then be able to log in with the username and password that you have already chosen on the Bach Practitioners page - <http://www.nelsonsnaturalworld.com/en-gb/practitioners-partners/bach-practitioners/>.

We hope you find these resources helpful and enjoy this area made exclusively for you!

Please note that if you have forgotten your password, you can click on the 'Forgotten your password' link in the Login box, which will allow you to enter in your email address and then reset your password.

NEWS FROM PRACTITIONERS:

This month's contribution is from Theresa McInnes in Edinburgh. Theresa recently organised a conference for practitioners in Edinburgh and would like to share her experience of the day with you. We thought this was very timely considering we have four regional conferences scheduled for next year. We hope this article inspires you to attend one of the 2011 conferences.

Organising a conference was something I have done in the past and based on success of previous events, we organised another one this year – due to popular demand! The event was held on 9th October 2010 in Edinburgh. The venue was Gillis Centre, which is the venue I use for all my BIEP courses. It was fun experience planning the day along with my fellow practitioners and we were happy to have 40 attendees on the day.

The seating plan was for six groups and we had a practitioner with each group as a facilitator. Rather than have the groups all moving around, the practitioners moved with each new speaker. I should have discussed this beforehand with the individual practitioners in order to prepare them for the exercises, but it still worked very well. I did have one group who commented afterwards that they would have preferred to have had the same practitioner throughout as they hadn't liked the second one - I asked them how they would have felt if they'd had the second one for the whole day! I felt this was a good opportunity to encourage practitioners to broaden their experiences and increase their confidence and ultimately to try to persuade them to run the two hour workshops.

I was very pleased with the speakers. We started with Linsey who had done a project in the Sick Children's hospital where she was a nurse for many years. She worked with the staff - unfortunately at this stage there is no possibility of getting involved with parents or patients - and had some very positive feedback. Gail then spoke about her personal journey through the Bach system and shared her experiences. Roushan had prepared a workshop on the emotions - stressing that emotions were not something to be afraid of, but that they were part of life. Her group exercise was a little challenging for some people and received a mixed response, but one of my clients who had attended the day told me that, although she had found the exercise very difficult, it had helped her enormously in a subsequent counselling session. The group of speakers - most of whom were trainers - found Roushan's presentation fascinating and we loved it. Maybe it could be worked on for a different level. I took the floor for the half hour before lunch and spoke about forthcoming events.

There was a bit of extra time, so I referred back to Roushan's presentation and shared with the audience that I had found anger one of the emotions I found difficult to relate to. I asked if anyone else had experienced that and was surprised to see that over half of the group shared my feelings! We had an impromptu discussion on why we avoid anger, which was very enlightening! Lunch was a shared affair and gave a good opportunity for catching up and networking.

Jacqueline introduced the afternoon session with a presentation on working with animals and the animal course available. I think she also had a few mini consultations during the tea break regarding problems with cats!

Angela provided an excellent conclusion to the day with a most enjoyable motivational workshop - looking at remedies to help us become unstuck and using visualisation to help us get to where we want to be. We handed out a sheet of flipchart paper to each group at the end, as I hadn't prepared an evaluation form. It was great working with the other trainers, as well as getting to know each other better. It was really helpful having lots of help with setting everything up. All in all it was a very good day - a lot to process and I think the next one could be even better!