

Auckland, NZ

04-05 May 2026
12 CPD HOURS



Presenter:
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Exploring Workplace Bullying and the Development of Personal Resilience

Step away from daily pressures and join us for a powerful and restorative conference retreat.

Together, we'll explore the impact of workplace bullying, the link between resilience, boundaries, and mental well-being, and the realities of burnout in today's workplace.

Learn practical strategies for dealing with difficult people, building self-awareness, and supporting others — both professionally and personally.

Day One

- Self-Esteem: Developing Confidence and Improving Physical and Mental Health - Part One
- Personality Profile: Increasing Emotional Intelligence
- Workplace Bullying
- Narcissism in Families

Day Two

- Meditation Practice
- Burnout
- Let's Explore Mindfulness and Meditation
- Communication and Assertiveness
- Strategy Workshop and Assertiveness Training
- Resilience | Emotional Freedom Technique
- Meditation, and Relaxation Therapy

AT THIS RETREAT CONFERENCE YOU WILL:

- Explore bullying and the effects on a person exposed to people with narcissistic traits or narcissistic personality disorder
- Undertake assertiveness training and learn practical hints on how to develop assertive body language and vocabulary
- Examine the manifestation of burnout and strategies to assist with healing
- Investigate the term 'resilience' and how we can put strategies in place to increase or develop resilience

