



Health Professional Reflective Practice and Wellbeing Weekend

As a professional caring for parents after pregnancy or baby loss, you are there to provide the highest level of care and support. We recognise that this can sometimes take its toll on you. Now it's time to allow us to support you. Our Wellbeing Weekend is designed for obstetricians, midwives, bereavement leads, nurses, doctors, and allied healthcare professionals. It's a chance to step away, breathe deeply, connect with others who truly understand, and process the impact of your work on your health and wellbeing.

What you can expect

- A tech-free weekend in peaceful surroundings
- Guided discussions & shared experiences
- Practical tools for sustainable self-care
- Reflective space to think about the emotional impact of your work
- Mindfulness & meditation sessions
- Creative activities including flower arranging
- Walk & talk in nature
- Use of leisure facilities: sauna, gym, pool, local walks

13th - 15th Nov 2026
26th - 28th Feb 2027
12th - 14th Nov 2027

Reading, Berkshire
£345 per person
(generously subsidised
due to sponsorship)



Outcomes

- ✓ Process and understand your emotional response to your work
- ✓ Feel re-energised, connected, and part of a supportive community
- ✓ Professional wellbeing

Limited spaces available – book early to secure your place.
Email: training@petalscharity.org

NB: You may be a (healthcare) professional who has had your own personal experience of baby loss. We ask that you consider whether you feel ready to attend this event, and suggest that you should be at least two years post-loss.