



UNIVERSITY OF  
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# IMBOKODO

## VIRTUAL MINDFULNESS WORKSHOP

To promote the practice of mindfulness for improved employee mental health and how it can benefit women in the professional environment.

### Keynote Address

Dr Theshenthree Govender



Dr Theshenthree Govender is a specialist psychiatrist that specialises in the diagnosis, treatment and management of psychiatric illnesses. She believes in a holistic collaborate approach to the management of various psychiatric disorders. Healing and mental wellness is a journey. Dr Govender strives for a collaborative relationship with her patients and takes a very personalised approach to patient care. Dr Govender is inclusive of family in the treatment process and encourages mental wellness through the use of pharmaceuticals, psychotherapy and lifestyle changes.

#### DATE

THURSDAY, 29<sup>TH</sup> JULY 2021

#### TIME

11H00 - 12H00

#### ENQUIRIES ONLY:

Pamela Adams | [adamsp@ukzn.ac.za](mailto:adamsp@ukzn.ac.za)

[CLICK HERE TO RSVP](#)

*"Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being." ~ Greg Anderson*

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INSPIRING GREATNESS