

# Mindfulness Now



## *Mindful business - making sense of now.*

*Mindfulness is a form of awareness available to anyone at any time. It's about knowing where your mind is at the moment, whatever thoughts and feelings are arising. Mindful people are more present to themselves and to others, creating better relationships and cleaner decision-making. In the stressed work place, mindfulness is renewable energy and insight and this development day offers the gift to your employees.*

<b>Duration:</b>	1 Day
<b>Participants:</b>	12-16 persons
<b>Price:</b>	£75 per participant plus VAT
<b>Suitable for:</b>	All Employees

### **Overview:**

Mindfulness is an integrative approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase awareness, help us manage difficult experiences and create space for wise choices.

The day will include an experiential introduction to mindfulness meditation, short talks and discussion. You will also be pointed to ways you can develop your own practice.

Our unique Mindfulness Now package focuses on the transforming themes of:

1. New and skilful ways of relating to the challenges and stressors in work, life and relationships
2. Foundational attitudes of mindfulness for presence, self esteem and well-being
3. Practice as a means of developing focussed attention, awareness, compassion and acceptance

Mindfulness Now is led by experienced facilitators and is shaped around the particular needs and circumstances of the organisation and audience.

### **Benefits:**

Our intensive development day enables participants to learn the main practices of Mindfulness so that they can coach themselves and others to be more effective in both their work and home life.