Mindfulness at Work

WE ARE ALWAYS ONLY A FEW MINUTES AWAY FROM FEELING CALMER!

Mindfulness has been shown to decrease difficult emotions, build resilience, support health, create clarity build relationships and enhance lives – WOW, it's pretty amazing and, the best news, it takes less than a few minutes, it can be done anywhere, there are no expensive memberships and we don't have to wear lycra!

This short, sharp, 1 hour session will:

- *Explain why mindfulness is so effective (the science behind the process).*
- *Outline different styles ranging from the highly effective box breathing (the ultimate quick fix) to longer term preventative strategies.*
- *Provide opportunities to try out a few different styles of mindfulness (providing a valuable tool bag to take away).*
- *Explore ways to build mindfulness as a 'default behaviour' (something we do automatically when we are under pressure).*
- *Encourage the development of individual plans that align to current lifestyle challenges and opportunities (there is no one size fits all).*
- *Outline the impact of mindsets and lifestyles to provide options for greater health and increased energy and vitality.*

This is an action learning session, participants are advised that they will leave feeling calmer, happier, more relaxed yet invigorated and ready for a productive rest of their life!

Keen to know more?

Contact Joan at JwJ Consulting now for more information and a competitive quotation.

All sessions are fully customised to your needs. This is a 1 hour session.

Joan Wilson-Jones B.A (ACS). M.Ed. (A&WE) brings a wealth of practical experience supported by years of relevant study to this information session. She absolutely knows that her approaches work because she uses them herself every day! Joan's sessions are fun, filled with real evidence based information and offer a host of practical strategies that truly are life changing.

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