



# Meditation and Mindfulness at work



**Learn how to be mindful in your daily life, both at work and home.**

Our practical sessions offer a chance for you to get to know how your mind works, **regain focus** and **reduce stress**. You can find the **resilience** to deal with whatever situations arise and the benefits can lead to a **more balanced and fulfilling life**.

Guided by our practitioner this form of mental training helps establish mindfulness as a good habit that you can build into your daily routine.

You will benefit from developing skills and learning:

- ❖ Breath meditation to restore balance and relax
- ❖ Managing stress both in life and at work
- ❖ Mindful communication – recognise how we listen, mindful emailing and using gratitude
- ❖ Eating mindfully, walking meditations and mini meditation practices

**Get in touch by reply for more information**

We offer bespoke workshops or as a 5 week course with weekly support emails with tips and advice.