

Mindfulness; Calming the Chattering Mind

What is it?

Mindfulness; Calming the Chattering Mind is a 6-week course aimed at teaching you effective mindfulness techniques to de-stress and maintain good mental wellbeing.

This course is aimed at:

- Individuals
- Workplaces - for staff lunch breaks, team building etc
- Anyone looking to practice mindfulness

How is it delivered?

These courses are best delivered face to face, although can be facilitated online.

How do you complete the course?

You complete the course by attending all 6 sessions. There are tasks sets each week for individuals to practice the techniques that they have learnt.

Course Outcomes

At the end of the course, you will be able to:

- Understand what mindfulness is and what it means to be present
- Understand the importance of letting go of attachment and harnessing mindfulness in relationships
- Understand neuroscience of self-compassion
- Understand how to apply mindfulness throughout your work day.

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

enquiries@shawmind.org or call **01636 600830**