

Mindfulness

All courses can be
virtual or face to face

Sample Content Includes:

- **What is Mindfulness**
- **Strategies to Stop You Getting Overwhelmed**
- **Your Brain Under Pressure**
- **How to Stop Knee Jerk Reactions**
- **Freeing Your Brain to Focus on One Thing at a Time**
- **Completing Tasks Quicker With Better Results**
- **Your Mind at Rest**
- **Uncluttering your Brain and Eradicating Unwanted Thoughts**
- **Mindfulness Apps**

Contact us for a full course outline.

