



Mindfulness to reduce stress

What is Mindfulness?

Mindfulness is a buzz term for increasing self awareness. It is a way of identifying and understanding our emotional and physical state in the present moment.

Once we realise how we are feeling, we can address the things that push our wellbeing out of balance.

People experiencing high levels of stress who are looking at ways of managing their stress levels should attend this workshop.

A trained counsellor and mental health nurse, I incorporate therapy based approaches to integrate into your self management plan.

Cost: \$80 per person includes manual and lunch.

To register for this workshop or for enquiries, please contact me.

A group booking discount applies.

This training can be delivered in your workplace.

Program outline:

This interactive 5 hour workshop will introduce you to both the theory and practice of mindfulness strategies. We will explore various ways to incorporate mindfulness into your everyday life, whether it be professional or in your home life.

Topics include:

- Everyday mindfulness
- The benefits
- The 3 main core skills
- Cultivating awareness
- Monkey mind
- Mindfulness techniques
- Mindful living
- Mindful relationships
- Multi tasking vs uni tasking
- Strategies
- Self management plan



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