

APPLIED PRACTICAL MINDFULNESS WORKSHOPS WITH DEBORAH THURLEY

Sometimes life can seem frantic and full of challenges. If you're feeling stressed, can't focus, searching for clarity or needing some peace of mind, this course will help you. Build a toolbox of practical, highly effective techniques to use throughout your day to help you manage stress, cope with challenges, cultivate focus and maintain emotional balance. Mindfulness - skills for life!

Learn about ...

- The physiological, emotional and psychological upsides of mindfulness
- The power of your breath; influencer of all three systems
- How the wandering mind affects your well-being and what you can do about it
- Mindlessness and multi-tasking
- The neuroscience of mindfulness
- Recognising your physical signals for stress and tension
- The power of the *pause* or *gap*
- How to reduce emotional reactivity
- How to manage your stress
- Making better choices for better outcomes
- Negative and positive cycles, reactivity and rumination
- Accessing and building positive emotions, why it's important
- Acceptance: empowering you to manage challenges
- Judgements: how to identify them, and what to do next
- Awareness and attention: the power of focus
- The power of mindfulness and gratitude in well-being
- Clearing mental clutter
- Developing an open mindset
- Building serenity and inner strength through movement
- Mindfulness and building resilience

... and live life WELL

DID YOU KNOW?

Mindfulness is a **trainable skill**, like learning to juggle or ride a bike.

It is not tied to any particular faith or belief, but is **backed by science**.

When you **practice these skills**, you learn how to:

improve attention and focus

reduce emotional reactivity

reduce your stress

build higher-quality connections with your family, friends and colleagues

feel happier!

Course duration: 6 hours

Fee: \$250 per person/\$800 per family



Deborah.amindfulpractice@gmail.com



<https://www.linkedin.com/in/deborah-thurley-323333a5/>

www.amindfulpractice.com.sg

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