



fusionHR
IT'S A PEOPLE THING

Mindfulness

Reconnect with thoughts and feelings to control Mind-chatter and refocus

Target Audience

This session is designed for senior leaders.

Course Details

Becoming more aware of our thoughts, emotions and sensations may not sound an obviously helpful thing to do. However, learning to do this in a way that suspends judgment and self-criticism can have an incredibly positive impact on our lives. A mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts and bodily sensations.

Mindfulness is a way of paying attention to whatever is happening in our lives by being "fully in the moment". It will not eliminate life's pressures, but can help us respond to them in a calmer manner that benefits our heart, head and body. Mindfulness helps us to recognise and change habitual emotional and physiological reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight and understanding.

Benefits of Mindfulness:-

- Improve memory and academic performance
- Help lose weight and eating healthier foods
- Lead to better decision-making
- Lower stress and help cope with chronic health issues
- Improve Immunity and create positive brain changes

"Life is not measured by the number of breaths we take, but by the moments that take our breath away." Maya Angelou

Cost

SLA Clients: £95 + VAT per person
Non-SLA Clients: £120 + VAT per person

How to Book

Call 01924 827869 or go online to www.fusionbusiness.org.uk to book.

enquiries@fusionbusiness.org.uk
www.fusionbusiness.org.uk
01924 827869

Half-Day Workshop

Date: TBC

Time: 8.30am registration
9am – 12noon

Venue: TBC

Speaker Profile

Christine Tooze is a professional Life Coach and Counsellor, is highly trained and uses an extensive range of therapeutic interventions to provide a service that clients can trust. Christine supports clients to develop a more positive mental attitude, handle stress effectively, and understand the emotional pain and explore the many differing relationships we all enjoy.