



**SAINTS
LEARNING**

PROFESSIONAL DEVELOPMENT

MINDFULNESS

UNPLUG, RECONNECT AND RECHARGE



DURATION 1/2 DAY

COURSE VISION

Develop a mindfulness practice to enable you to unplug, reconnect and recharge.

COURSE MISSION

This workshop will provide simple tools for responding to the stresses of daily life and improve your mental clarity and emotional health. You will develop your use and understanding of mindfulness through practical guidance.

COURSE METHODOLOGY

Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring mindfulness into your daily life. You will be given an introduction to what mindfulness is, how it is practiced and guided through some short practices followed by a deep dive into meditation.

WHO IS THE COURSE SUITABLE FOR?

There are no formal entry requirements for this course. It is suitable for all ages and designed for those who have had no, or limited, training in Mindfulness and anyone experiencing stress associated with work, relationships, and the general complexity and pace of modern life.

