

2016 and beyond: Time to pause, reflect and act mindfully!

Mindfulness training course

This is a **two-hour training course over eight weeks** to cultivate mindfulness, to learn new ways of handling difficult thoughts, feelings and sensations. It includes practical exercises, self-enquiry, a free book, a CD of guided instructions and feedback on home practice.

Benefits include:

- Improved psychological health
- Decreased stress and irritability
- Greater ability to focus and extend attention span
- Improved emotional reactions to adverse events
- Greater tolerance to pain and physical discomfort
- Enhanced self-confidence
- Better interactions with others

Testimonial

✚ *'I thoroughly recommend the training that Nadine developed and runs on 'Mindfulness in the Workplace'. Participating in the training has helped me reduce my stress levels both at work and at home despite recent bereavement. Nadine demonstrated her long experience and deep understanding of the subject matter and the course was great fun too'(Chartered Engineer).*

Dates: Jan 14, 20, 27; Feb 3, 10, 17, 24; Mar 2 (from 15:00 to 17:00)

Location: Nottingham (can also be delivered at other locations and dates/time)

Price: £230 per person



Dr Nadine Mellor, PhD, CPsychol, AFBPsS, MISCP

Nadine is a chartered occupational psychologist and professional coach, registered with the Health and Care Professions Council. She draws on 12 years experience working for the Health and Safety Laboratory and 9 years at DEC/Hewlett-Packard in training and coaching professionals. She is a former editor of the International Journal of Workplace Health Management. Nadine has a long-term meditation practice and is passionate about cultivating mindfulness and coaching individuals.

For more information or to register, please phone: 07580756468

Email: nadine@mellorbusinesspartners.co.uk

Website: www.mellorbusinesspartners.co.uk