

Achieve Greater Harmony in Work and Life with Mindfulness

QUICK VIEW

100% Distance-Learning



Approximately: 3.5 hours



Anyone

Mindfulness offers a series of approaches for dealing with all sorts of challenges we experience in work and in our personal lives. Perhaps we're stressed out about fears of what will happen in the future. Maybe we cling to **regrets** of things past or don't quite know how to forgive others. Confusion, negative judgements, stress, and anxiety can become overwhelming at times and make it difficult to think clearly and presently.

This course in mindfulness offers a concrete framework for dealing with these issues as they come, and for living and thinking in the present moment.

FOLLOW THE PATH





Achieve mindful awareness and acknowledgement

Work toward mindful acceptance (3)



(4) Enable progress by letting go



Gain fresh perspective with beginner's mind



6 Achieve stronger focus and engagement

Be non-judgemental (7)



Practice mindful patience



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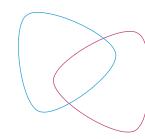
TRUST OUR **EXPERT**



GILL HASSON

Hasson is a tutor, trainer and writer; she has over 20 years' experience teaching, coaching and writing on anything and everything to do with personal development.

Her books for adults include the bestselling Mindfulness: Be Mindful. Live in the Moment and Mindfulness Pocketbook: Little Exercises for a Calmer Life. Gill has also written books on subjects such as positive thinking, dealing with difficult people, overcoming anxiety, and mental health and wellbeing in the workplace.





Calmness

An ability to let go and be judgement-free

Efficiency

Creativity

Reduced stress

More positivity

An open mind to fresh ways of doing things