

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

What is mindfulness?

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Achieve mindful awareness and acknowledgement

Work toward mindful acceptance

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④

Enable progress by letting go

Gain fresh perspective  
with beginner's mind

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⑥

Achieve stronger focus  
and engagement

Be non-judgemental

⑦

⑧

Practice mindful patience



Achieve Greater Harmony in Work and Life with **Mindfulness**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 well-being in the workplace.

**PROVEN  
BENEFITS**

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