

Mindfulness: At Work & In Life



Mindfulness is an evidence based intervention which has been shown to help in the management of stress and enhance well-being.

Mindfulness at work and in life is a course designed for those who work in the NHS. It is a 2 day experiential course based on the 8-week evidence-based MBSR course designed and researched by Professor John Kabat Zinn at Harvard.

Please consider the following before applying for the course:

- Are there any physical/mental health difficulties that may affect your ability to participate in the course?
- Are you currently dealing with any major life issues (e.g. bereavement; separation; moving home, etc) ? (You could enrol onto future courses if the time is not right for you)
- Are you able to commit to home practice?
- Who can support and encourage you during and after the course?