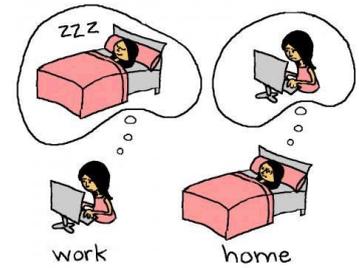


NEW

MINDFULNESS RESILIENCE COURSE

**Saturdays 10.00am - 1.00pm
7th, 14th and 21st March 2020**



Who is the course suitable for?

This course is suitable for anyone who wishes to enhance their wellbeing, get more in touch with their personal values and thrive in today's every changing world rather than simply survive. It can also be useful for individuals experiencing stress, anxiety, low mood. This is a short introductory level course. A longer course will be available in the autumn 2020 for those who wish to explore this in more depth).

'Since doing the training I am able to step back from my thoughts and get less caught up in unhelpful thought loops. As a consequence I feel calmer and more in control.'

I am starting to be more aware of what is 'going on' inside me. It means I can more often respond rather than react when my children are being challenging .'

'I am starting to use the skills to move in the direction I want to go, rather than get side tracked by negative thinking.'

Course information:

- Mindfulness is a mental training that reduces the tendency to go through life on autopilot. Rather than worrying about what has happened or what might happen, mindfulness/ACT trains offers the potential to respond skilfully to whatever is happening right now. In this short course, there is a strong focus on learning practical skills that can be applied in everyday situations at work or home.
- This evidence-based psycho-educational training programme (Flaxman & Bond, 2006)* is informed by mindfulness and Acceptance & Commitment Therapy (ACT) (Hayes et al, 1999).
- ACT is a mindfulness-based intervention that seeks to change the way people respond to stress-related thoughts and feelings, enabling them to pursue valued work and life goals, even when experiencing difficult thoughts and emotions.
- Previous research has indicated that this intervention leads to significant increases in general wellbeing and emotional health (Flaxman & Bond, 2006).

Times/Dates This course runs as 3 x 3 hour sessions. 10 – 1pm on Saturday 7th, 14th and 21st March. To attain the full benefits of the course, participants need to be able to attend all the sessions.

Venue: Oakdale Centre, 49 Valley Drive, Harrogate, HG2 0JH Tel: 01423 503080

Course fee: £95 (includes 9 hours of tuition, all guided practices as a CD and/or MP3, handouts). CPD Certificates provided on request.

Course facilitator: Annika Muller, an experienced mindfulness teacher who is also trained to deliver ACT.

For more information and to register your interest please contact Oakdale Centre or On The Mind