

# MINDFULNESS RESILIENCE COURSE

<b>Wednesday evenings 7 – 9pm</b> <b>24<sup>th</sup> and 31<sup>th</sup> March, 14<sup>th</sup> and</b> <b>21<sup>st</sup> April 2021</b> <b>(week off on 7<sup>th</sup> April)</b>	<b>OR</b>	<b>Thursday evenings 7 – 9pm</b> <b>15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April and</b> <b>13<sup>th</sup> May 2021</b> <b>(week off on 6<sup>th</sup> May)</b>
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## 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.

*'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.'*

*It's really helped now that I am working from home. My work/life balance was blurring but now I am more focussed and less distracted 'at work', and more able to be engaged with my home life when 'at home' (rather than thinking about work!).*

## 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 training 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 home or at work.
- This training is useful even if you currently use a mindfulness app or occasionally practice. Mindfulness apps are great to help you maintain a practice but this is a course to develop a set of practical skills. We cover all kinds of topics and exercises that apps do not cover. The key focus is to bring mindfulness into your every day life and your interactions/communications with people etc so that you *'live more mindfully'* and not just *'do mindfulness practices'*.
- This evidence-based training programme has been shown to lead to significant increases in general wellbeing and emotional health (Flaxman & Bond, 2006).

**Details:** Training is conducted via zoom and there are two options:

4 x 2 hour sessions. 7 – 9pm on Wednesdays 24<sup>th</sup>, 31<sup>st</sup> March, 14<sup>th</sup> and 21<sup>st</sup> April OR

4 x 2 hour sessions. 7 – 9pm on Thursdays 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April and 13<sup>th</sup> May 2021

To attain the full benefits of the course, participants need to be able to attend all the sessions

Groups are limited to 11 to provide personalised learning.

**Course fee:** £75 (includes 8 hours of tuition, all guided practices as MP3, handouts).

CPD Certificates provided on request.

**Course facilitator:** Annika Muller, an experienced mindfulness teacher, delivering many well-received mindfulness course for the Oakdale Centre.

**To register interest/book, please contact the Oakdale Centre.**

**For more information or to ask questions, contact On The Mind directly.**

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