Mindfulness

Mindfulness is one of the most researched and clinically evidenced tools for building a happier and healthier life. Through mindfulness we can learn how to live a more balanced life; one that is in tune with our deepest values and results in a sense of peace. This session is a short introduction to a practice that can be woven into everyday life and demonstrates how mindfulness comes from learning to live with a greater intensity, richness and fulfilment.

Tracey Phillips

Tracey is a successful accredited psychotherapist and counsellor and a member of the BACP, British Association for Counselling Practitioners. She has worked with a range of organizations delivering courses in addiction, change management, work related stress and conflict at work to name but a few.

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