



Dear Organisation,

Thank you for taking the time to enquire about our *Mindfulness and Well-being at Work* courses, exclusive for your organisation.

Mindfulness Support Service is a not for profit organisation. This means that all money generated from the training we provide, goes straight back in to supporting vulnerable individuals and families affected by domestic abuse and violence.

All our courses are evidence based and have been written exclusively for the organisation by Christopher Titmuss. Christopher is an internationally renowned mindfulness teacher and author with over 45 years of experience teaching mindfulness practice. He is the UK's most senior mindfulness figure and leads our professional's courses accompanied by assistant teachers.

We deliver multi agency courses across Hertfordshire and Bedfordshire which are open to any agency to attend. A list of which can be found at <https://www.eventbrite.co.uk/o/mindfulness-support-service-cic-28187598599>. The cost to attend the open courses are £75pp for a one-day course and £150pp for a two-day course. Alternatively, you may wish to book a private course for your organisation of which the details are attached. We deliver these courses across the UK.

Our feedback shows that the content of the course is highly effective when it comes to tackling stress in the workplace. 100% of our course attendees said they would recommend our training to colleagues in their place of work. Please feel free to read the feedback/testimonials on our website. www.mindfulnesssupportservice.org

Each course we deliver explores the following:

- *What is mindfulness?*
- *Mindfulness, the body and stress reduction*
- *Mindful communication in the workplace*
- *Recognising early signs of stress through mindfulness*
- *How to deal with difficult situations and emotions*
- *Mindfulness of repetitive thinking and negative thoughts*
- *How to avoid burnout, demotivation and anxiety*
- *Addressing empathy, kindness and compassion in the workplace*
- *Mindful reflection at work*
- *Home/work life balance*
- *Self-care*
- *How to turn your workplace into a mindful environment*

We achieve this through whole group mindfulness practice, reflective discussions, small group work and question and answer sessions.

Please do let us know if you have any questions or would like a bespoke quote based on different numbers or requirements.

Kind regards,

Nshorna Davis
Director