



MINDFULNESS TRAINING COURSE CONTENT:

Mindfulness techniques and resources including downloadable practices.

Practical tools for preventing harmful stress and boosting resilience.

Learning how to have more control over your thoughts and emotions.

Mindfully responding rather than reacting.

Increasing your capacity to handle difficult situations.

 **Mindfully Alive**

Greater wellbeing

**Reduce stress
and anxiety**

**More effective
communication**

**Increase
emotional
intelligence**

**Develop clearer
thinking and focus**

MINDFULLY ALIVE

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