

WHAT IS MINDFULNESS?

Mindfulness is about:

- Being present in the moment and paying attention to our day to day experiences (rather than focusing on the past or the future which can cause anxiety and depression).
- Observing our senses, thoughts and emotions without judgement (helps cultivate stillness, peace, acceptance, clarity and focus).
- Becoming more self-aware by noticing our internal thoughts, feelings, emotions and the way we respond to them (enabling more thoughtful choices, decisions and actions, as well as greater empathy for others).

Mindfulness meditation uses attention regulation techniques such as focussing on our breathing, senses and body sensations to train our minds to be present, peaceful and still.

THE BENEFITS OF MINDFULNESS MEDITATION

- *Physical* – grounds restless energy; aids relaxation & sleep; relieves muscle tension & assists with pain management (as we learn to cultivate the relaxation response our bodies need for optimal health and healing).
- *Emotional* – enables the ability to process emotions without being overwhelmed by them; helps recognise the stress response and skill to cope with stress; develops self-esteem, inner resources and strengths by accepting and not judging personal feelings; enables thoughtful reactions and responses to challenges in a calm and less reactive manner (as we become more mindful of our emotions and reactions).
- *Mental* - relieves stress; improves focus and concentration; improves productivity; allows the flow of creativity (as we become less distracted by our thoughts and external environment).

HOW CAN I USE IT IN EVERY DAY LIFE?

In everyday life mindfulness and meditation can help you to:

- Relax physically and mentally
- Relieve stress and tension
- Promote peaceful and harmonious relationships
- Increase productivity at work and home
- Improve performance in sport
- Enhance focus and concentration
- Cultivate self confidence
- Connect with intuition and insight

HOW DOES MEDITATION WORK?

- It brings the body back into a state of rest and repair (homeostasis).
- It gives an anxious mind something else to do (instead of over thinking).
- It creates a mental space or pause between impulse and action (allowing you to respond in a better way).
- It helps you stay present (as you have to pay attention).
- It increases grey brain matter (learning and memory).
- It preserves our telomeres (caps on the end of our chromosomes that shorten with age).
- It turns the stress response off (shrinks the amygdala and weakens its signal).

1:1 COACHING SESSION OUTLINE

During the 45-60 minute sessions we will practise a variety of techniques and exercises to give you tools to use as and when needed, including:

- Breathing techniques to reduce anxiety
- Mindfulness practises to increase focus and concentration
- Physical exercises to release tension
- Restorative yoga poses to connect to the body
- Guided meditation for relaxation
- Art therapy activities to help express thoughts and emotions

Sessions cover a variety of topics including:

- About mindfulness and meditation (benefits, how they work, etc.)
- How to incorporate mindfulness and meditation in every day life
- Breathing techniques
- Body relaxation
- Sensory awareness
- Managing thoughts
- Managing emotions

Mindfulness for Calm, Clarity & Connection

1 : 1 Coaching



ABOUT THE FACILITATOR

Like many people, I began learning meditation during a challenging period of my life. I was separated, running a business, selling a house and looking after two children. I was completely overwhelmed.

When I tried to meditate, I could not sit still for more than five minutes or count to ten breaths! I found trying to learn through an app or on my own just wasn't working and so I began researching and studying meditation and qualified experienced teachers to be mentors.

As a result, I have completed:

- Meditation Teacher Training at the Gawler Foundation.
- Advanced Certificate in Guiding and Teaching Meditation through the Australian Centre for Mindfulness and Meditation
- Mindfulness for Wellbeing and Peak Performance through Monash University

I then began to realise the benefits of teaching this life skill to kids and teens and went on to complete additional training and qualifications for teaching yoga, meditation and mindfulness to kids and teens. One of my passions and goals is to bring mindfulness and meditation to kids and teens, to give them this valuable life tool and hopefully prevent them from using other coping mechanisms such as alcohol, drugs and self-harming.

From my studio on the Sunshine Coast I ran a 6 Week Mindfulness Meditation for Beginners Program for a number of years to adults, teens and kids and am excited to be able to now bring it to more people online and into workplace organisations, retirement villages, high schools, school camp centres and 1:1 coaching.

I hold a current blue card, first aid certificate and insurance and you can find me on various channels:

- [Website](#)
- [Facebook page](#)
- [Youtube channel](#)
- [Insight timer app](#)
- [Teachable school](#)

