

Special Focus

Mindfulness (1 hour)



Aim

To introduce learners to the concept of mindfulness and different mindfulness practices for relaxation and self-care.

Learning Objectives

- Understand what we mean by 'mindfulness'
- Explain the difference between informal and formal mindfulness practice
- Identify the benefits and impact of mindfulness
- Understand the role of breathing
- Be able to practice some basic breathing techniques
- Understand how to apply mindfulness in everyday life

Certification

Successful candidates will be issued with a certificate of attendance.

Contact us for more information and pricing