

## **ADOPTING A MORE MINDFUL APPROACH TO WORK**

Learn how to thrive in a stressful world

- Develop your potential to be happier, healthier and wiser
- Become more productive by learning how to calm both body and mind
- Reduce physical and mental health problems
- Liberate yourself from stress and anxiety
- Enhance well-being and your overall quality of life

This is a unique programme that is both engaging and challenging. It combines tried and tested management theory and practice, up to date scientific and medical research and Buddhist philosophy and psychology. Delivered in a learner-centred and interactive way it includes presentations, opportunities for personal and group reflection and opportunities to try out a range of techniques, including meditation. Delivery will be supplemented by guidance notes, PowerPoint presentations and work tasks in the form of a personalised workbook.

**Date: Friday 28<sup>th</sup> October 2011 8.30am – 5.00pm**

**Venue: The Falcon Hotel, Uppingham, Rutland LE15 9PY**

**COST: £100 plus VAT**

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## BOOKING FORM

Full name:	
Position in the company:	
Address:	
Landline number:	
Mobile number:	
E Mail address:	
Any dietary requirements?	
Do you have any additional support needs that we need to be aware of?	
What do you hope to get out of the day?	
What is the biggest challenge you are currently facing?	

***Please download this form and send it to:***

Maureen O'Callaghan, Calmspace Limited, 16 Bramblewood Close, Grantham NG31 8QH

Once we have received your booking form we will you an invoice for £ 120.00 (inc VAT).  
Joining instruction will be sent out the week before the event.

Thank you for completing this form, I look forward to meeting and working with you.