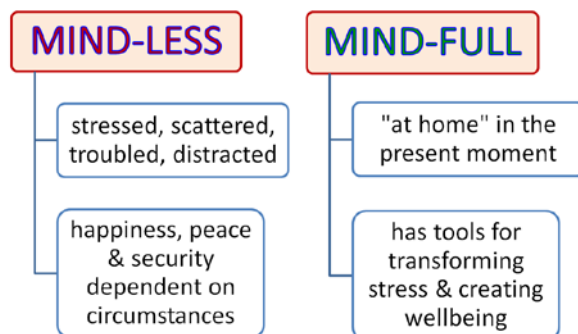


DYNAMIC MINDFULNESS CERTIFICATE COURSE PART 1

Venue: Northstowe College, Cambridgeshire, CB24 1AA



5 x Wednesday Evenings Oct. 30th to Nov. 27th 2019, 7-9pm

Target Group	Beginners or experienced - unsuitable for anyone with very restricted mobility – contact tutor for an alternative.
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Part 1 of a 2-part Course leading to a "Certificate of Mindfulness Training" qualification

[Part 2 is on 5 Wednesday Evenings from January 2020 – You must pass part 1 to join part 2!]

Mindfulness is the ultimate way to reduce stress, explore your inner world and open the door to inner peace, creativity and insight - a mind-body awareness based approach that helps people change the way they think and feel about their experiences - especially stressful, frustrating or miserable experiences.

Whether you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety or depression or improve your concentration, energy levels, career prospects and enjoyment of life, Mindfulness brings a fresh approach to your stuck situations.

Mindfulness is all about training your mind and body to become more aware of what is happening AS IT IS HAPPENING. It's about living in the 'HERE and NOW' rather than being stuck in the past or wishful ineffective fantasizing about the future.

Living life on autopilot or "constantly stressed-out" is bad for our health, our wellbeing, our success and our relationships. "MINDFULNESS" training is the tool-kit for turning our life around - for breaking out of the cycle of self-sabotaging negatives and creating the positive-cycle uplifting life experiences that we really want - a life that works for us and nourishes us!

'Dynamic Mindfulness' focusses on your 'here and now' mindful actions, challenges, needs & opportunities, rather than focussing on academic or only the "chilling-out" aspects of mindfulness.

More about Mindfulness: www.fullyalive.me.uk

More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm



Any skills or qualifications needed for entry into the class?

You will need an open mind and willingness to try new experiences. This is an holistic course [includes mindful movement, body language & posture + emotional mindfulness] so unsuitable for learners with very restricted mobility – contact us for an alternative.

You will need a functioning email address - classes are supplemented by email + web-based resources & online videos.

Course outline

- Week 1: Mindful Techniques to Self-Centre & Self-Empower**
- Week 2: Shift Stuck Moods, Low-Energy or Wound-up Energy**
- Week 3: Mindful Communication + Control of Worries & Inflexibility**
- Week 4: Simple Pleasures - Get More out of Life!**
- Week 5: Mindfulness-based Stress-Reduction [MBSR]**

This course will...

- a) Teach you about the nature and scope of 'Mindfulness' i.e. enhanced self-awareness + the art of Mindful Living
- b) Provide hands-on experience of a wide range of Mindfulness skills, approaches, practices & tools – covering both active and passive [yin & yang] dimensions of 'mindful living'.
- c) Provide insight into the ways you may be sabotaging your happiness, success, fulfilment & quality of relationships via 'Past-their sell-by date!' old lifestyle habits that keep you stuck in a rut of 'Same old, same old!' experiences.

You will learn how to...

- Slow your mind when it is over-active;
- Walk with greater mindfulness of posture & body language;
- Read the body language and verbal subtext of others;
- Be more aware of your feelings, mood & energy level;
- Transform the way you feel & behave in frustrating, miserable or self-sabotaging situations.

Teaching and learning methods used

This practical, experiential, non academic approach to mindfulness has been designed and developed to provide *sustainable, practical & transferable* mindful-living skills for home, leisure & workplace usage.

Each class includes holistic, practical & interactive exercises as well as opportunities for sharing and discussion.

After each class there will be a follow-up email to remind you of the current 'home practice' exercises, summarising & extending what we did in class + giving you links to further resources should you wish to go deeper into particular topics.

You will be required to sign a confidentiality agreement to allow everyone safe participation in class sharings & discussions.

HOME PRACTICE: you are required to invest at least 30 minutes per day to practise the techniques taught.

How progress and success will be recorded

You will be required to complete a TRACKER FORM: for self-recording of progress against course aims.

Questions & dialogue relating to experiences in the exercises and homework.

Performance in the exercises.

Observation of level of attention, engagement, energy, mood, group connection & contribution.

Materials required for each class	An open mind, something to lie on, pen & notepad. Please wear comfortable, loose-fitting clothing – some gentle 'mindful movement' exercises are included.
Further training opportunities after this course...	After successful completion of this course there is an option to do a follow-on 5 evenings Part 2 course, which will lead to a Mindfulness Certificate. See ALSO tutor website: www.sunflower-health.com/workshops.htm for related further events & courses.
Tutor Contact	Michael Meredith: mike@fullyalive.me.uk
BOOKING & DIRECTIONS	Course Fee: £50 Swavesey College Community Education Office: 01954 234488 or email: community@swaveseyvc.co.uk Map: www.lovehealth.co.uk/maps/swavesey.htm

Equalities statement

"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."