

Announcing: The Practical Mindfulness Workshop



Are you struggling to cope with all the stress in your life?

Is the **overload** of priorities getting to you?
Are you **juggling** too many balls?
Do you feel **anxious** about the future?

The key to performance in a world of complexity is knowing how to simplify!

Develop a practice that suits your lifestyle and which enables you to remain calm, stay focused and make the best decisions in any situation!

With the Practical Mindfulness Program you will:

- ✓ Gain an understanding of your own mind and its habits;
- ✓ Learn simple methods to focus your attention in a relaxed manner;
- ✓ Learn to read situations accurately and make clear decisions based on what matters;
- ✓ Find the clarity and confidence to remain calm no matter what's going on around you;
- ✓ Develop the time and space to think clearly, even when under pressure;

Format: Talks | Workshops | Corporate version

Next workshop:

Date: **Saturday 15 July 2017**

Time: **09h00-11h00**

Venue: **Premier Health Centre
13 Mackay Ave, Randburg**

Price: **R350**

To register send an email to:

Thoughtsfirst1@gmail.com

Or book at: **010 591 2223**

THE PRACTICAL MINDFULNESS PROGRAM was developed jointly by clinical psychologist Dr Colinda Linde, and high performance life and executive coach Neil Bierbaum.



COLINDA has been a clinical psychologist since 1993, specialising in CBT for anxiety disorders and

working extensively in the areas of stress management, work-life balance, sleep issues, assertion and mindfulness. Colinda also practises and teaches meditation. www.colindalinde.com.za



NEIL has been a life and executive coach since 2004 and has practised and taught meditation for

more than 20 years. He has worked with large corporates, SMEs, entrepreneurs and private clients – many of them looking to manage the enormous stress and increasing complexity in their work and personal lives and make sure they achieve their potential in an uncertain world. www.neilbierbaum.com