



Courses Overview 2018

Course	Duration	Group size	Commitment to meditation	Course Overview *
<u>Workplace Mindfulness Training (WMT® from TME)</u>	6 weeks 1.5 hrs/week	25	10 mins/day	Offered in a more traditional training format WMT® combines cognitive neuroscience with mindfulness and practical strategies for developing resilience and maintaining well-being.
<u>Mindfulness-Based Stress Reduction (MBSR)</u>	8 weeks 2 - 2.5hrs/week	12	30 mins/day	Ideal for organisations looking to proactively manage stress. MBSR is also widely recognised as a beneficial means of responding to a wide range of physical and mental health conditions.
<u>Mindfulness for Change (Mfc)</u>	8 weeks 2 - 2.5hrs/week	12	30 mins/day	Designed to cultivate inner resources to support us through times of change <i>and</i> as an opportunity to cultivate skills supportive of bringing about values-based change in our personal and professional lives.
<u>Mindfulness-Based Compassionate Care (MBCC)</u>	8 weeks 2 - 2.5hrs/week	12	30 mins/day	For those in a caring capacity including carers, therapists, parents, nurses and teachers or for any organisation wishing to take a more compassionate approach. Supportive in cultivating self-care aiding in the prevention of burnout and facilitating improved relationships and care for others
<u>Mindfulness-Based Creativity (MBCr)</u>	8 weeks 2 - 2.5hrs/week	12	30 mins/day	Suitable for beginners to both mindfulness and/or creativity, as well as those wishing to deepen their mindfulness practice, or explore their creativity in a new way. Put aside any previous experience or lack of it and engage a curious and playful approach.
<u>Mindfulness-Based Compassionate Leadership (MBCL)</u>	8 weeks 2 - 2.5hrs/week	12	30 mins/day	Ideal for those wishing to balance the goal orientation of the workplace with the people centred aspects of leadership. This course cultivates mindfulness and compassion as a way of fostering executive wisdom for the benefit of self, others and organisation.

* Each course is backed by a scientific overview and includes guided meditations, group discussions and practical exercises led by an experienced facilitator. Personal workbooks and meditation downloads are provided for all participants, along with inter-class support.