



INSIGHT
PROFESSIONAL SERVICES DARWIN
& THE WELLNESS CENTRE
PRESENTS

Wind down your mind

Join us for 3 x one hour sessions for CDU staff, students & the public
Including lunch

Week One – Introduction to Mindfulness

- What is Mindfulness?
- Understanding the research and science behind mindfulness.
- How can practicing mindfulness benefit work, study and everyday life?
- Brain Breaks – Mindfulness breathing exercises and techniques.
- 5 Senses Exercise – a mindfulness technique.
- Further resources (for ongoing practice).

Week Two – Mindfulness for Work/Study

- 10 ways to be more mindful during work/study -
- Increasing presence /attention; mindful exercises during work/study; single tasking; mindful reminders; increasing productivity/efficiency; changing our relationship with stress; practicing gratitude; personal humility; self-acceptance; and growth vs fixed mindset.
- Simple Awareness techniques for work, study and life.
- Mindful Eating.
- Further resources (for ongoing practice).

Week Three – Living a Mindful Life

- How does mindfulness improve our relationship with thoughts, emotions and other people?
- Negative Mind-wandering.
- Observing self vs Thinking self.
- STOP – A mindfulness technique.
- How to develop a mindfulness 'weekly practice plan'.
- Further Resources (for ongoing practice)

Drop-in Group - Wednesday 5th June: 7 - 8pm
Held at the Wellness Centre every first Wednesday
of the month to follow.

By donation – all proceeds going to the Wellness Centre.

Cost :

\$10 Per person, per session

OR \$25 for all 3 sessions

Includes lunch

Week one - May 15th, 12-1PM

Week two - May 22nd, 12- 1PM

Week three - May 29th, 12-1PM

Location:

Building - RED 6.1.03

CDU, Casuarina Campus

Register at:

<https://webpay.cdu.edu.au/MindfulnessWorkshopW123>

Ph. 08 8946 7176 for enquiries

Toni Ryan is the practice owner of Insight Professional Services Darwin and has over 21 years experience. Insight is an independant private practice, specialising in:

- professional counselling
- private mindfulness coaching
- delivery of professional training/ workshops

