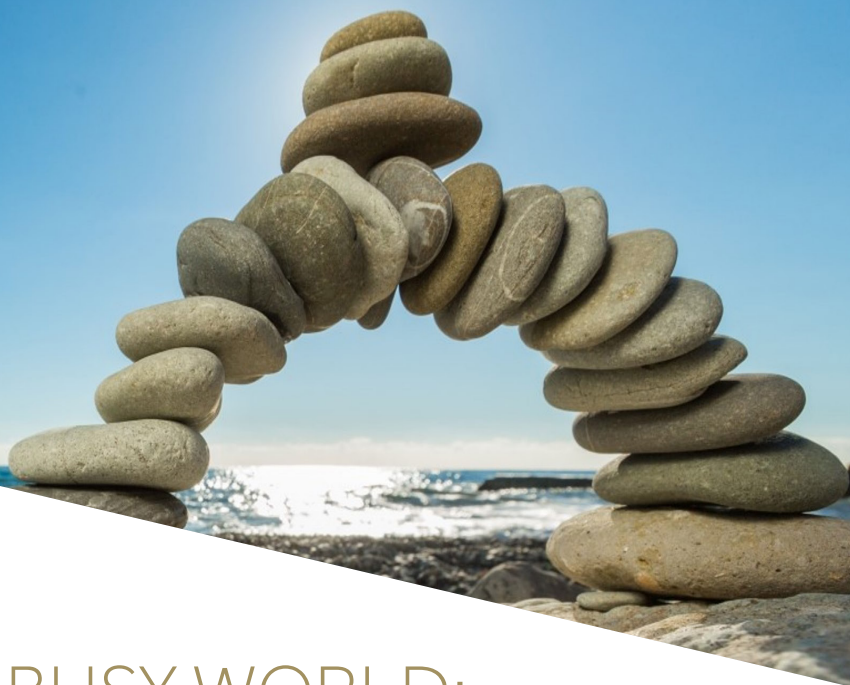




FINDING CALM IN A BUSY WORLD: An Introduction to Mindfulness and Meditation

This is a 45-minute session, followed by 15 minutes for Q&A

ABOUT THIS SESSION:

Mindfulness and meditation are among the most well-researched practices for improving mental wellbeing. Studies show they can help reduce stress, strengthen resilience, improve focus, and enhance both physical and emotional health. While many people believe meditation is only for those with a naturally calm mind or plenty of free time, the truth is - meditation is a practical skill that anyone can learn.

In this introductory session, you'll discover what mindfulness really is, explore the science behind its benefits, and experience a simple guided meditation you can begin using in everyday life.

TOGETHER, WE WILL EXPLORE:

- What mindfulness is, and what it isn't
- How meditation supports the brain, nervous system, and overall wellbeing
- Practical ways to use mindfulness to manage stress and navigate busy daily life
- A simple guided meditation practice, with time for questions and discussion

WALK AWAY WITH:

- A clear understanding of mindfulness and meditation
- Insight into how these practices can support your wellbeing
- Practical tools you can begin using straight away
- Confidence to start (or deepen) your own meditation practice
- Resources to continue your mindfulness journey

