

Courses in mindfulness & compassion

● Being mindful is the first step towards keeping your staff motivated and retaining loyal clients. Through our courses, professionals learn how to communicate in a more thoughtful way, no matter how difficult the conversation. The training includes practical activities and scenarios and also examines the biological aspects of mindfulness and compassion. Delegates take away a toolkit of techniques to develop deeper, more harmonious connections with others, which means higher morale amongst staff members and a higher degree of understanding between your firm and its customers.

Supports staff to:

- Improve communication skills
- Improve self awareness
- Deal with people effectively with compassion and care
- Improve listening skills
- Manage staff and client relationships
- Promote staff wellbeing
- Improve client satisfaction

Ideal for all professionals working with the general public

Courses delivered by professional practitioners and teachers

Sara Collins

Mindfulness Practitioner, LLB (Hons), Dip Coaching NLP
Cert Counselling, Dip Mindfulness MNCP MMA

A former Child Care and Family Solicitor, Sara now works as a private Mindfulness Practitioner and Coach and is a member of the National Council of Psychotherapists. Sara has a Diploma in Mindfulness and is a member of the Mindfulness Association. She is on the Association's Certified and Accredited Mindfulness Teacher pathway.

Vanessa Carter

Teacher and former nurse (RGN, BSc, PTLLS, QTS)

Trained in behavioural psychology, Vanessa is a former nurse with ICU specialism and also a qualified secondary school teacher of health and social care and psychology. Gives power to the training by providing professional-grade lesson plans, learning objectives and outcomes.

Vanessa has over 25 years' experience of guiding students and nurturing human relationships to bring out the best in people.

Contact for more details
and to book training

07808 955060 or 07590 455461

Delivered at workplace or off-site • Provides evidence for CPD