



Training in Mindfulness for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

Two Hours Mindfulness Training Outline

If you work in an organisation where you are pressed for time and are not able to offer extended support, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding the philosophy of mindfulness
- encouraging clients/young people to pay attention to the present moment, on purpose, with openness and without making judgements
- supporting clients/young people with daily mindfulness exercises that are practical and easy

In this training, we provide you with background information to help support your work including handy mindfulness exercises that your clients/young people will find useful.

Half Day Motivational Interviewing Training Outline (3.5hrs)

If you work in an organisation where you are able to offer a little more support to your clients/young people and, would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.

The half day training program provides participants with information on:

- understanding the philosophy of mindfulness
- encouraging clients/young people to pay attention to the present moment, on purpose, with openness and without making judgements
- encouraging clients/young people to accept themselves as they are and with self-compassion
- supporting clients/young people with daily mindfulness exercises that are practical and easy
- exploring with clients/young people their commitment to act, helping to improve their lives

In the half day program, we provide you with more background information to support your work and guide your client/young person to commit to and act towards a meaningful life through practical mindfulness exercises, and through self-acceptance and compassion.

One Day Mindfulness Training Outline (9am – 4pm)

If you would like to increase your confidence, knowledge and skills to enable you to provide more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- understanding the philosophy of mindfulness
- encouraging clients/young people to pay attention to the present moment on purpose, with openness and without making judgements
- encouraging clients/young people to accept themselves as they are, and with self-compassion
- supporting clients/young people to accept what is out of their personal control, and in particular when confronted with negative thoughts, emotions and situations
- encouraging clients/young people to not suppress or deny their negative thoughts and emotions, and supporting them to understand how their thoughts and emotions can impact on their health and wellbeing
- supporting clients/young people with daily mindfulness exercises that are practical and easy
- exploring with clients/young people their commitment to act, helping to improve their lives

In this one day program, we provide you with detailed information to support your work including the use of practical strategies to help clients/young people be in the present moment; help clients/young people accept what is out of their control and to help clients/young people acknowledge their thoughts and emotions for what they are with kindness, understanding and without judgement.

We discuss exploring the client's/young person's values in life and their commitment to act. The philosophy of mindfulness is to help clients/young people lead a more rich, meaningful and purposeful life according to their personal values and ideals.

We provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

Interested and would like a quote?

For a free, no obligation quote on one, or all our training programs, please [contact us](#).

Two Day Training?

For the moment, the only training we offer over two days is our Smoking Cessation training. If you would like mindfulness presented over two days, [please get in touch with us](#).

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