

SuppoRTT

Supported Return to Training

Introduction To Mindfulness

For Training Programme Directors and Educational Supervisors.

What is mindfulness?

Mindfulness is the practice of bringing your attention to the present moment without judgement and with kindness and curiosity.

Mindfulness helps you become more self-aware, feel calmer and less stressed, be more able to choose how to respond, cope with difficult or unhelpful thoughts and be kinder towards yourself.

Is mindfulness right for me?

Anybody can try mindfulness and it can practised by anyone at any time (it's not just about sitting on a mat in a quiet room!), but it is a skill and does require practice! It may not be for everybody, but if you're looking for a method to help you manage workplace stress and improve your quality of life, then you might like to take this great opportunity to explore it for yourself.

1 Day Course 10:00-15:00

18 June 2019 - Woodside, Rotherham

The course will be delivered by **Rachael Garside** who is a trained and experienced mindfulness teacher. She runs her own company, **Tall Spaghetti**, which delivers mindfulness training and executive coaching.

For more information, please contact Dr Sanjay Suri, sanjay.suri2@nhs.net or Rachael Garside, Rachael@tallspaghetti.co.uk

Book your place through [Medical Maxcourse](#). Please look for

SuppoRTT: An Introduction To Mindfulness

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