



# Being Your Best

A practical mindfulness programme for focus, creativity, communication, compassion and wellbeing for business owners and leaders.

**A hands-on, practical and enjoyable mindfulness programme for you to learn tools to manage stress, and improve focus and resilience to support your health and wellbeing (and that of your business!).**

- ✓ 8-week group course
- ✓ Choice of evening or daytime
- ✓ Evidence based
- ✓ Practical and enjoyable

## Why Mindfulness?

We are all feeling the effects of the past couple of years, and as a business leader you'll know you can't afford to make decisions with a distracted, reactive mind.

Successful leadership relies on **collaboration, creativity, flexibility in thinking and effective decision-making** – the very things that unhappiness, stress and distraction are known to erode, and **that mindfulness is known to enhance**.

Mindfulness programmes have been **proven to help** us become more cognitively resilient, emotionally regulated and **better able to respond to stress & challenges**.

Plus, research suggests employees of leaders who practise mindfulness have **less emotional exhaustion, and better work-life balance and job performance**.

## What are the benefits?

Mindfulness deliberately disrupts and erodes our habitual patterns of responding, leaving us **receptive to new ideas, new ways of thinking and being**.

As you build up a variety of practices and techniques, you may notice:-

- ✓ **Deep focus and concentration** when you want it
- ✓ A reduction in emotional flare-ups, feeling **more resilient and calm**
- ✓ More able to **handle challenges and stresses** and deal with difficulties
- ✓ **Improved sleep** and a greater sense of wellbeing
- ✓ More **effective listening and communication**
- ✓ **More creativity** in how you approach problems
- ✓ **More connection** to others and the world around you

## What's covered in the course?

Delivered in a **group setting** over **8-weeks** by our expert teachers, our **evidence-based** mindfulness training covers:

- ✓ The fundamentals of mindfulness
- ✓ Training attention for improved focus and concentration
- ✓ Identifying and interrupting automatic behaviours and ways of thinking
- ✓ Building resilience to overcome the negative effects of stress
- ✓ Finding new skilful ways to be with difficulties
- ✓ Increasing emotional regulation and kindness (to oneself and others!)
- ✓ Communicating mindfully and connecting to what's most important in life

## What are my course options?

### Mindfulness Based Stress Reduction

(MBSR) – the gold standard of mindfulness training worldwide.

- ✓ 2.5 hours per week for 8 weeks
- ✓ Evening session 6.30pm-9pm
- ✓ Plus daily exercises
- ✓ A Full Day of Mindfulness (one Saturday during the course)

[Click here for upcoming dates](#)

### Being Your Best for Mindful Leaders

an adaption of MBSR tailored to a workplace environment.

- ✓ 2 hours per week for 8 weeks
- ✓ Daytime session, 9am-11am
- ✓ Plus daily exercises
- ✓ Optional attendance on the Full Day of Mindfulness

[Click here for upcoming dates](#)

Both online and in-person options available.

Cost: \$750 + GST (First Steps Provider funding available)

Cost also includes an individual intake interview, manual, recordings for the daily practice, and access to in-between session support.

## Why a group course?

Depending on your personality, joining a group can sometimes feel scary or excruciating! But the group environment helps reduce feelings of isolation and normalises the experience of being overwhelmed and under pressure as a business owner (and human!).

## More about us at Mindfulness Aotearoa

Our teachers are fully Certified MBSR/MBCT teachers authorised through the Mindfulness Training Institute of Australia and New Zealand ([MTI-ANZ](#)) to deliver Mindfulness Based Interventions and have worked in a number of organisational and public settings - most notably we have contracts to provide courses for staff at three DHBs. More information on us can be found at our website [here](#).

## What next?

If you'd like to know more about joining one of our Mindfulness courses, get in contact, we'd love to chat through any questions you have. (You can also find out more at our [website](#).)

Once you've decided this is for you, you can apply for funding via First Steps, and complete an online registration form at our website.

To find out more contact Jan:

[jan@mindfulnessaotearoa.com](mailto:jan@mindfulnessaotearoa.com) | 021 22 77 069 | [www.mindfulnessaotearoa.com](http://www.mindfulnessaotearoa.com)

**We look forward to working with you!**



Focus  
Presence  
Peace