

**An Introduction to Mindfulness**  
(120 minutes)

Kay Buckby of The Development Company invites you to take 120 minutes from your busy day to introduce you to mindfulness. During this event, we will what mindfulness is, and experience mindfulness meditations. You will leave with at least three easy to apply techniques to enable mindfulness to be incorporated in your everyday life.

*Who should attend:*

Anyone who would like to take the opportunity to slow down, pause and learn a couple of easy to apply techniques for their working life.

In 120 minutes you will be able to:

- State what mindfulness is
- Apply mindfulness of the present moment in your daily life
- Use the STOP technique to check in when you are anxious
- Use the Ten Mindful Movements to ease tension

*This Acorn in a nutshell:*

This Acorn is a great introduction to mindfulness. It is highly participative, and attendees will leave with tools to apply in their daily lives at work.