

# LifeConnect

## Mindfulness Workshops

*By request workshops- for workplaces/community groups*

Join us for an exploration of mindfulness as a powerful wellbeing tool. The benefits of mindfulness include reduced stress, greater focus, increased happiness and emotional regulation.

These **free evidence-informed workshops** are available to all who live and work within the EMPHN catchment area\*\* and can be tailored towards the individual needs of community groups through collaboration with our team.

All experience levels welcome.

### Be at Ease – 4 x 1-hour workshops

*These informative sessions include multiple short, guided practices and opportunities for reflection. Workshops can be arranged individually or as a series.*

- **Introduction to Mindfulness:** This workshop is the ideal starting point for your mindfulness journey. Learn about the fundamentals of mindfulness and how to bring your practice into everyday life. Establish present moment awareness and be guided in mindful breathing techniques.
- **Mindfulness of the Body:** Our body is always in the present and available to us as the basis of our mindfulness practice. Experience the calming and grounding effects of body scan, awareness of sensations, and mindful movement.
- **Mindfulness and Compassion:** Compassion is a positive way of responding to our own suffering and that of others. It can enhance our wellbeing, happiness and social connections. Explore the relationship between mindfulness and compassion, and learn simple, effective practices for cultivating these qualities in daily life.
- **Mindfulness and the Senses:** We are constantly receiving information about the world through sights, sounds, touch, tastes and smells. Learn how to use the senses as a support for developing mindfulness and present moment awareness. Includes a sensory-based grounding practice.

### Stop, Breathe, Refresh – 3 x 30-minute practice sessions

*This workshop series incorporates multiple short, guided practices. Ideally for groups with a prior introductory understanding of mindfulness.*

- **Session 1:** Mindful breathing techniques, practising with kindness, ways to practise mindfulness throughout the week
- **Session 2:** Benefits of compassion and mindfulness, what makes it hard to be in the present moment, compassionate body scan
- **Session 3:** Sensory-based grounding practice, present moment gratitude, mindful tasting.



LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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## Mindfulness for Young People

### Getting Started with Mindfulness – 1-hour workshop (ages 12-14)

An introductory workshop incorporating short, guided practices along with videos and reflective group activities.

### Everyday Contentment: Finding balance through mindfulness – 4 x 1-hour workshops (ages 15-21)

These introductory sessions explore mindfulness in everyday life and techniques to be present and engaged in the moment. Guided practices include mindful breathing, seeing, listening, tasting, walking, giving and receiving kindness.

- Week 1: Intro to Mindfulness
- Week 2: Mindfulness in Daily Life
- Week 3: Mindful and Kind
- Week 4: Mindfulness in Action

We are happy to discuss your group's specific learning needs and content can be tailored to specific audiences and needs of participants. To enquire about our training or book in a training session for a group, please contact us on 1300 052 059 or email us at [lifecconnect@neaminational.org.au](mailto:lifecconnect@neaminational.org.au). **Our training is provided at no cost.**

\*\*All sessions are free and available to people living or working in the following LGA's Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah, Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges



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