

Developing Mindful Resilience



Understand the link between thoughts and emotions and how these impact on actions and outcomes

Turn negative thinking into positive actions, build resilience

Calm your mind, silence the static, become the observer of your thoughts

2020 workshops

27th March
6th November

9.00am – 4.30pm

The National Star College,
Ullenwood, Cheltenham, GL53 9QU

£157 includes refreshments and
buffet lunch

To book your space

e-mail: julia@jjhr.co.uk or
kbuxton@spacious-mind.co.uk

Tel:
Mob: 07854 559941

This workshop requires a minimum of 6 delegates to run. Dates may be subject to change. Full payment required in advance. Late cancellations are non-refundable

WORKSHOP OVERVIEW

Dealing with the daily challenges of busy working lives requires resilience. In today's society we work at a fast pace, forging constantly ahead but often in a state of unconsciousness – worrying about what happened yesterday or what tomorrow might bring but rarely being aware of the here and now.

This unique workshop provides practical guidance on developing the four pillars of resilience:

- Understanding and being aware of the intrinsic link between thoughts and emotions
- Avoiding negative thinking traps
- Knowing who and where to go for support
- Knowing the changes you can make to lead a wholesome lifestyle

Linked to this is an introduction to mindfulness techniques. Giving you the opportunity to understand and observe thoughts and emotions, to calm the mind and silence the constant static of life.

Overwhelming evidence shows that mindfulness helps to reduce stress levels, improve concentration, short and long-term memory and nurture an overall sense of deep contentment. It's a powerful tool to supporting resilience and wellbeing in an ever-frantic world.

This workshop will change the way you think and enable you to make positive changes to your life and build your resilience.

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Facilitator biographies

Julia Jones



Fellow CIPD, Accredited work place mediator, certified level A & B British Psychological Society Occupational Testing

Julia is an experienced HR professional who works with, and advises organisations on HR strategy, organisational change, management and leadership development and coaching.

Julia has held HR Director positions, working at board level she has been a trusted advisor to senior managers and leadership teams including a top 40 accountancy firm and top 200 law firm. She is adept at handling differing opinions, negotiating, influencing, problem solving and making difficult decisions. Used to working in pressurised, fast paced environments she has a wealth of experience in supporting individuals and teams through difficult and challenging times, helping them deal with adversity and bounce back. Now, running her own business - JJ Consulting, she helps organisations in all things HR related and people development.

Having climbed the career ladder herself, and juggled this with divorce, single parenting, marriage, raising children in split families and professional qualifications whilst working full time - she coped with the pressures of life the hard way. Clarity and conscious living were hidden whilst constantly churning forward, forging a successful career and balancing family life. A book given to her by her sister finally provided the eureka moment – she had spent all this time focusing on the past and the future but rarely living in the present. Through her work with organisations and individuals she enjoys helping others find that eureka moment.

Kathryn Buxton



B.Ed Hons teaching degree, Level 3 award in mindfulness and meditation teaching from the British School of Meditation

Kathryn Buxton has been practising meditation and mindfulness for the last 20 years. She started her working life as a primary school teacher which she did for nearly 25 years - the last six years as a Special Educational Needs teacher in a large primary school in Cheltenham, where she was also part of the Senior Management Team.

Recognising that the stressful nature of her job was taking its toll on her mental health, she turned to meditation to give peace and balance to her life. She started attending regular meditation classes after her sister told her of the many benefits and quickly threw herself into a five day silent meditation retreat at Gaia House in Devon. This was a challenging but deeply rewarding experience that confirmed her commitment to a regular meditation practice.

She studied with the British School of Meditation and in 2013, made the decision to leave teaching and devote her time to becoming a meditation teacher. She founded Spacious Mind Meditation and has run successful workshops and classes including day and weekend silent meditation retreats. Also, Kathryn is the College Manager of the Isborne putting together accredited wellbeing courses. She works in the corporate sector with several big companies including EDF Energy and UCAS, teaching mindfulness to their employees.

Julia and Kathryn met during a corporate wellbeing event that Julia had organised with the intention of bringing the holistic and corporate world together in the fight against workplace stress. They are delighted to be working together, sharing their combined passion to empower others to make positive changes to their lives.