

HARNESSING THE POWER OF THE MIND (6-WEEK COURSE)

Objective

This course will help break the cycle of anxiety, stress, unhappiness and exhaustion that many of us feel in this modern fast paced world.

The Course

Strength Under Pressure: A Mindfulness Journey

Our 6-week mindfulness programme honours the unique challenges of demanding professions while delivering powerful, research-backed techniques that fit seamlessly into busy schedules. Specifically designed for those in high-pressure roles and their families, this programme speaks your language and respects your reality.

Building Resilience in Trusted Company

We've created something different here - a trauma-sensitive approach that acknowledges the complexities of challenging work environments. Our supportive environment welcomes everyone from curious beginners to experienced practitioners, establishing a foundation of trust where authentic growth can happen naturally.

Mastering Your Response Under Pressure

Professionals in demanding roles face unique stressors that impact both individual wellbeing and family dynamics. Discover scientifically-validated techniques to understand your mind-body responses during challenging situations. Learn to recognise early warning signals and develop effective strategies to maintain clarity and purpose even in difficult moments.

Your Transformative Path Forward

Guided by an experienced coach who understands high-pressure environments, each weekly session builds upon practical skills you can immediately apply. Past participants have experienced everything from subtle daily improvements to profound life transformations.

Let's work together!

AT A GLANCE

Where and When?

Online using Zoom

CONTACT FOR PRICING

BOOK NOW



SOPHIE BROYLE

MINDFULNESS COACH

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