



# *MindFULness in Action* **Webinar Series**

How to think big, see clearly  
and thrive in our busy world



DR. JENNY  
BRÖCKIS

CREATING THRIVING TEAMS AND LEADERS

Mindfulness has become a bit of a buzzword. So, what is it about mindfulness that is attracting so much interest?

Meditation has been practised for thousands of years. It has been associated with Buddhist and other religions and since the 1980's as a stress management tool, assisting people to lower their stress levels and enjoy a sense of greater calm, better attention and wellbeing.

Neuroscience can now reveal what is actually happening inside the brain when people practice mindfulness meditation and the full benefits are only now coming to be appreciated. Mindfulness is now being used as a means to thrive in our busy work and home environments and is now included in many corporate wellness programs, as well as being taught in schools, universities and the armed forces.

*Mindfulness is a way of slowing down your mind to see and think more clearly.*

Dr Jenny's mindFUL meditation series is designed to provide you with what it takes to:

- Keep your brain healthy. People who practice mindfulness stay healthier, sleep better and even live longer!
- Build your capacity to self-regulate your thoughts. It hones attention and focus, enhances learning and memory, and boosts creativity and decision making.
- Build resilience to stress. Mindfulness practice has been shown to reduce stress, lower cortisol levels and reduces the risk of stress related illness, anxiety and depression.

As a medical doctor and lifestyle physician, Dr Jenny shares what the science has shown to work, translating the complexities of the neuroscience into readily understandable tools that can be easily integrated into your life without feeling like a hassle or chore.

Mindfulness training enables participants to be aware of current sensations, feelings and states of mind to examine possible solutions and make decisions based on clear, focused thinking. It broadens perspective, enables big picture thinking and enhances interpersonal communication and understanding.



# MindFULness in Action Webinar Series

Available as stand-alone sessions or as a series of three

*What if you could take back control of your thoughts, sharpen your focus and stay present in all facets of your life?*

*What if you could deepen meaningful relationships to enhance contribution, collaboration and effective teamwork?*

*What if you could help others in a greater way and become a better version of you?*

## WEBINAR ONE

### Minding Your Mind

- ✓ What mindfulness is all about, what it isn't and why it's a vital part of your wellbeing practice
- ✓ How mindfulness meditation works to dial down stress and busyness and dial up attention and clarity of thought
- ✓ A brief introduction to two simple mindfulness techniques
- ✓ How to create the habit of mindfulness

## WEBINAR TWO

### Managing Emotions and Our Relationships

- ✓ Why relationships matter to your success: How mindfulness works to build tolerance and understanding
- ✓ The four factors that promote stronger relationships
- ✓ Why compassion starts with you: Building trust
- ✓ Banishing the imposter: Using loving-kindness for greater self-acceptance

## WEBINAR THREE

### Building Resilience, Wellbeing and Happiness

- ✓ How mindfulness works to leverage inclusion and build psychological safety
- ✓ Which positive mindful habits foster greater mental wellbeing
- ✓ How to implement tiny habits to create a ripple of change, making mindfulness part of who you are and what you do
- ✓ The different techniques and technologies to help

If one or all of these webinars would be of benefit for you or your team, let's set up a time to chat.

**Dr Jenny Brockis**  
**[jenny@drjennybrockis.com](mailto:jenny@drjennybrockis.com)**  
**0408092078**