



# The Neuroscience of Mindfulness

 **Introductory** For practitioners who would like a good foundation to improve their skills.

 **2 CPD Hours**

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

This two hour in-house session is designed to give delegates an introduction into the various aspects of Mindfulness and how it can be used in everyday life, both professional and personal.

## Session outline

- Introduction and scoping of delegates current knowledge
- Overview of the background to mindfulness
- Overview of the neuro-psychology of why and how it works
- Introduction to ways you can use Mindfulness
- Online resources
- Interactive practice session



### Presenter - Steven Colligan

Steven is a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven specialises in capability building, business transformation, change leadership, and human resources transformation.

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