

"We can't solve our problems with the same thinking we used when we created them".

Albert Einstein

Productivity, positivity, creativity, satisfaction, motivation and attendance... can be influenced by our perceptions, interpretations, attitudes, habits, thoughts, emotions and beliefs. Recognising the nature and patterns of our mind now, and knowing how to work with it in helpful ways, can foster healthy life choices for the future.

Well-being, resilience and self-esteem are linked with our ability to manage life experiences. Our days are often lived in a state of constant physical and mental activity allowing little time and space to appreciate the moment as it really is. Learning to live with more awareness, understanding and presence in 'real-time' can boost our ability to manage everyday life events more effectively.

The Know Your Mind course is an opportunity to have some time for you with no demands, responsibilities, pressures, and expectations. Learning to make the time to pause can improve our state on mind and increase productivity, immunity and appreciation.

"Life is what happens while we are busy making other plans"

John Lennon



The course is tailored for the workplace and builds week-by-week developing an understanding of how our habits, thoughts, emotions, attitudes and lifestyle choices impact on our life and how we can work with them.

The sessions are designed to be enjoyable, practical and applicable regardless of age and circumstance. 6 consecutive weeks. 2 hours a week

For more information and reviews visit:

www.mudandlotus.co.uk

"We are what we repeatedly do"

Aristotle

