

Feeling Frantic? Frazzled ? Stressed? Overwhelmed? Mindfulness for Busy People can help...







45 minute Mindfulness Taster Session

Learn what Mindfulness is, how it can help and how to do it yourself.

Why Mindfulness?

- ✓ Improves wellbeing
- ✓ Reduces stress
- ✓ Improves sleep & digestion
- ✓ Builds creativity & problem solving skills
- ✓ Develops empathy & leadership capabilities

Find out more:

-  hazel@hazeltodd.co.uk
-  **07483 219989**
-  [www: hazeltodd.co.uk](http://www.hazeltodd.co.uk)
-  www.linkedin.com/in/hazeltoddmindfulcoachingandconsultancy

“Evidence shows incorporating mindfulness into daily life and work can bring many benefits in just 6 weeks.”



Book Now

Limited spaces - to reserve your place email:
hazel@hazeltodd.co.uk

Venue: Training Room 2, Worting House, Church Lane, Basingstoke RG23 8PX. Free Parking.

Date: 27 June 2019, 2-2.45pm

Investment: £10 payment in cash on the day

Hazel Todd
Mindful Coaching &
Consultancy