



Global Knowledge™

Mindfulness

Duration: 2 Days **Course Code: MF**

Overview:

If you feel like time is slipping through your fingers and that you have lost control over your work-life balance, energy levels and thoughts, it's time to turn your attention to what's really important to you. Mindfulness means being present in the here and now, without passing judgment. This non-judgmental attitude towards your own experiences increase your ability to deal with life's challenges. This will allow you to function better at work and at home.

Further Information:

For More information, or to book your course, please call us on 0800/84.009

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