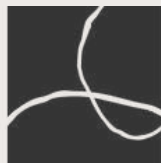
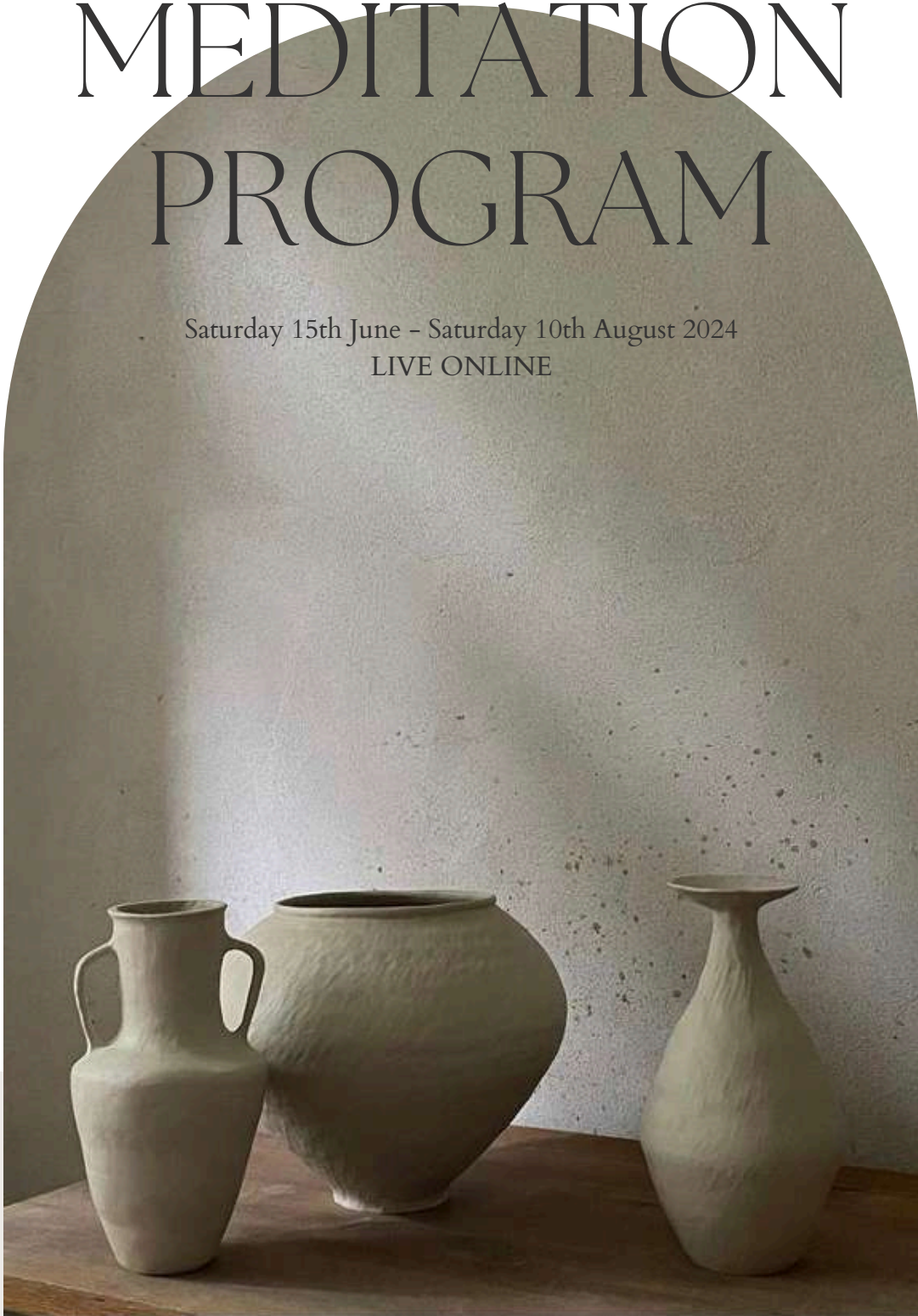


MINDFULNESS MEDITATION PROGRAM

Saturday 15th June - Saturday 10th August 2024
LIVE ONLINE



CLAIRE
HARRISON

Conscious Leadership

ABOUT *the* PROGRAM



This course teaches you how to become a friend to yourself.

The Mindfulness-Based Stress Reduction program is an invitation to befriend your body, mind & heart by paying attention to your life experience in a more kind, compassionate and loving way.

Paying attention in new ways is healthy and healing, although it's not about doing much or getting to a particular place. It is much more about a state of being.

Through the practices you will learn in this course, you will explore new ways of being in the world, exploring the vast potential that already exists within you.

The practice of Mindfulness has the potential to become a lifelong companion & ally, supporting you not only during times of stress & pain but at all times. So you can show up in your life with more presence, ease & flow.

WHY *this* PROGRAM?

"The cultivation of mindfulness is a radical act - a radical act of sanity, of self-compassion, and ultimately, of love." Jon Kabat-Zinn

One of the ways we navigate our life circumstances is to try to control them - what we do, whom we do it with, and what the outcome will be. We knowingly or unknowingly believe that by controlling our circumstances we will avoid pain, suffering & stress.

However, what usually happens is...life. Trying to control external circumstances often just leads to frustration, increased stress & unhappiness. Because no matter how much we try to control our situation, the only thing we have any control over is our response to it.

Mindfulness allows you to meet whatever arises - pleasant and unpleasant experiences alike - with composure, courage & compassion.

Rather than striving to get everything right, and reacting badly when things go wrong, we can learn to pause, consider, reflect & respond more thoughtfully, appropriately and effectively.

Mindfulness also means learning to be present in each moment of our lives as best we can.

In a world where we are increasingly distracted, frustrated and unsatisfied, mindfulness offers us a way to bring more presence and awareness to our lives.

Mindfulness meditation is also about developing curiosity, bringing an inquiring mind to our experience to help us understand ourselves better, without judgement, and with greater acceptance.

This is not about improving ourselves or fixing ourselves, rather it's about embracing and coming to know ourselves - all aspects of ourselves, without rejecting the bits we don't like much or that make us uncomfortable or ashamed.

A lot of positive changes occur in all aspects of our lives when we become more accepting of ourselves, including becoming less judgemental of others, therefore improving our relationships.

The formal practice of mindfulness happens by making space and time each day to bring your awareness to what is happening right now.

These could include practices such as becoming aware of your breath, general body sensations, thoughts or feelings and becoming more aware of what is happening around you.

HOW *this* PROGRAM *supports you*

Don't meditate to fix yourself, to heal yourself, to improve yourself, to redeem yourself; rather do it as an act of love, of deep warm friendship with yourself. The rest will take care of itself.

When you practice mindfulness meditation regularly, a few things happen.

Firstly, you are learning to regulate your nervous system, helping to calm the fight or flight response that keeps us trapped in a state of stress and overwhelm.

Secondly, your mind, which is often restless and scattered, becomes a bit more disciplined, so you'll find you can concentrate for longer periods without becoming distracted.

Thirdly, you will begin to develop a more friendly and open relationship with your thoughts, feelings, emotions and sensations. You will start to understand yourself and your patterns of behaviour more deeply. This is an incredibly liberating experience.

When you learn to sit in this way, as well as a sense of ease, all sorts of complex sensations can arise, including boredom, irritation, anger, sadness, and grief – all the everyday experiences of life we don't often allow ourselves to feel.

Mindfulness practice encourages you to inquire more deeply into all of your experiences – pleasant, unpleasant or neutral.

However, it's not always about changing your inner state. With mindfulness, you're not encouraged to move beyond uncomfortable experiences, rather you are encouraged to bring an attitude of gentle and non-judgemental curiosity to every experience, no matter what it is.

In this way, mindfulness practice builds an inner capacity to accept, tolerate and transform painful or uncomfortable body & mind states without reacting strongly or wanting them to be different.

By allowing and accepting yourself as you are in this moment, you'll become more skilled at managing difficult or disruptive thoughts & feelings, therefore learning to respond more creatively and appropriately in stressful situations.

WHAT *mindfulness* IS *not...*

Mindfulness is a way of being that allows us to pay attention to our lives, becoming more familiar with those thoughts, actions & behaviours that increase our suffering and those that ease it.

Mindfulness is not trying to relax

When we pay attention through certain meditation & contemplation practices, it can stimulate the relaxation response, so relaxation can arise when we practice, but it is a side effect, not the goal itself. The goal is to become present and aware, even when we are upset or stressed, both in our practice and in life.

Mindfulness is not about transcending ordinary life

Mindfulness trains us to be present in all that life brings, not rise above it. In this training, we will be cultivating mindfulness skills so that we can respond with more awareness in each moment of our busy, demanding lives as best we can, so that we can respond more skillfully to our problems and to difficult people and situations, whilst being present to all the wonderful aspects of our life too.

Mindfulness is not emptying the mind of thoughts

If you want to stop your thoughts – good luck! The mind is always producing thoughts – up to 80,000 a day! The practice of mindfulness meditation allows us to witness our thoughts, become more aware of how various modes of thinking arise and notice whether those thoughts are serving us or not. Over time we become less reactive to our thinking; we can see that our thoughts are simply events in the mind and not necessarily true.

Mindfulness is not difficult

There is a beautiful simplicity in simply paying attention. And yet, when we try to do it, thoughts and feelings such as "I'm not doing this right" can arise. This is all part of the practice. There is no right or wrong way to practice. There is only the practice itself. Whatever arises is all good. Whatever you experience is there to be experienced in the moment.

Mindfulness is not an escape from pain

Pain is part of the human experience. Mindfulness gives us the space and time to explore our relationship to painful experiences with a sense of acceptance, curiosity & awareness. Pain is inevitable. Suffering is optional.

ABOUT *the* PROGRAM

Week 1

Saturday 15th June, 3 pm – 5.30 pm *OR*

Tuesday 18th June 6.30 pm – 9 pm

Recognising the present moment – an introduction to Mindfulness

- learn to interrupt your 'automatic pilot'
- slow down and begin to pay attention
- become aware of body sensations as an anchor to the present moment
- begin to notice thoughts, feelings and emotions without judgement

Week 2

Saturday 22nd June, 3 pm – 5.30 pm *OR*

Tuesday 25th June, 6.30 pm – 9 pm

How we make sense of the world – learning to see & be

- learn to use the breath as an anchor
- cultivate a concentration meditation practice
- honour and accept all parts – not just the good ones
- begin to work with obstacles to practice

Week 3

Saturday 29th June, 3 pm – 5.30 pm *OR*

Tuesday 2nd July, 6.30 pm – 9 pm

Being and Doing – cultivating your practice & integrating your learning

- practice patience and acceptance of yourself as you are
- bring a curious attitude to your experience
- use moment practice to explore limits, and cultivate concentration strength & flexibility of mind

ABOUT *the* PROGRAM

Week 4

Saturday 6th July, 3 pm – 5.30 pm *OR*

Tuesday 9th July, 6.30 pm – 9 pm

Investigating stress – how to approach the difficult

- learn about the stress response & how it affects you
- recognising & interrupting thoughts associated with difficult emotions
- exploring breath and body sensations as they relate to stressful experiences and watching them change

Week 5

Saturday 13th July, 3 pm – 5.30 pm *OR*

Tuesday 16th July, 6.30 pm – 9 pm

Responding to stress – practices to ground & support you

- investigate your conditioned ways of responding to stress
- learn to stay present
- responding rather than reacting in habitual ways
- recognise unhelpful patterns of thinking and how they shape your perceptions and contribute to stress.
- explore open awareness meditation

Day of Mindfulness

Saturday 20th July, 9 am – 4 pm

The Day of Mindfulness is an integral part of the program. It offers a day of focused practice, exploring various meditation techniques and contemplation practices to restore and nourish you deeply.

ABOUT *the* PROGRAM

Week 6

Tuesday 23rd July, 6.30 pm – 9 pm *OR*

Saturday 27th July, 3 pm – 5.30 pm

Interpersonal Mindfulness

- learn to be more aware of others
- listen and see others in more flexible and accepting ways
- cultivate acceptance and compassion for yourself and others
- use mindfulness for more effective communication & connection with others
- explore patterns of relating

Week 7

Tuesday 30th July, 6.30 pm – 9 pm *OR*

Saturday 3rd August, 3 pm – 5.30 pm

Exploring choices that promote well-being & self-care

- integrate what you've been learning into daily life
- reflect on options for caring for yourself and making choices that support rather than deplete

Week 8

Tuesday 6th August, 6.30 pm – 9 pm *OR*

Saturday 10th August, 3 pm – 5.30 pm

Mindfulness in daily life

- explore what has changed for you over the last 8 weeks
- recognise that living mindfully is a process of ongoing practice
- making the practice a part of your daily life

ABOUT *the* PROGRAM

The 8 week program

All sessions run for 2.5 hours and are held online on Zoom.

The Day of Mindfulness is a full-day retreat held on Saturday, July 20th, from 9 am to 4 pm, also on Zoom.

Over the eight weeks, you will participate in a course of learning that has the potential to change your relationship with yourself and others significantly. To maximise this experience, I encourage you to commit intentionally and actively to the learning contract. This is a commitment to the program, the others in your group, and, ultimately, to yourself.

We often resist what we want most deeply. It can be helpful to remember this during those inevitable moments when it feels easier not to attend the live call.

Your commitment:

1. Attend all weekly classes
2. Engage as best you can in the home practice exercises
3. Make up any classes you miss before the next one
4. Reach out to your facilitator if you are struggling & need support.

You will also receive a comprehensive workbook for the course that you can use throughout the program and beyond.

Investment per participant: \$495 +GST

[Tuesday evening program: BOOK HERE](#)

[Saturday afternoon program: BOOK HERE](#)

YOUR FACILITATOR

Claire Harrison is a business and leadership coach, CEO, mindfulness meditation teacher and facilitator. She has trained with the Co-Active Training Institute, the Mindfulness Training Institute of Australia, The Centre for Courage and Renewal, David Whyte, Tara Mohr & Danielle LaPorte and holds a Diploma in Positive Psychology.

Claire works with business owners and leaders in the private and public sectors across Australia, New Zealand, the US, and the UK and helps organisations develop leadership capability. She has over 20 years of experience in leadership, business, mindfulness, and meditation practice.

She is a devoted student of life.

"You are the sky.
Everything else is just the weather."