



MINDFULNESS SUPPORT  
SERVICE C.I.C

PRESENTS

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## MINDFULNESS AND WELLBEING AT WORK COURSES

SUPPORT YOUR EMOTIONAL WELLBEING  
AT WORK, REDUCE STRESS, LEARN  
HOW TO DEAL WITH DIFFICULT  
EMOTIONS AND SITUATIONS AND  
IMPROVE THE HOME/WORKLIFE  
BALANCE THROUGH MINDFULNESS  
PRACTICE

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For public sector and third sector  
workers who work with children,  
families or vulnerable adults.

**With internationally renowned  
Mindfulness teacher and  
author, Chrstopher Titmuss**

### Upcoming courses in 2020:

March 24-25<sup>th</sup>- Two-day course, Bedford

April 15<sup>th</sup>-16<sup>th</sup> Two-day course, Luton

June 15<sup>th</sup> One day course specifically for  
Managers and Trustees, Stevenage

July 13<sup>th</sup>-14<sup>th</sup> Two-day course, Stevenage

September 15<sup>th</sup>-16<sup>th</sup> Two-day course,  
Watford

For more information or  
to book your place visit  
[www.eventbrite.co.uk/o/  
mindfulness-support-  
service-cic-28187598599](http://www.eventbrite.co.uk/o/mindfulness-support-service-cic-28187598599)

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Email us at  
[info@mindfulnesssupport  
service.org](mailto:info@mindfulnesssupportservice.org) or call us on  
01438 960040

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Check out the  
testimonials on our  
website from previous  
delegates  
[www.mindfulnesssupport  
service.org](http://www.mindfulnesssupportservice.org)

