



We are living in stressful times and our resilience is being tested on a daily basis. Many people are reporting that their stress levels are at an all time high and their mental well-being is suffering. More than half of us report bad sleeping patterns and 20% are already being treated for anxiety or depression. So, is there a solution that can actually help us to deal with these pressures, bounce back from difficulties and deliver the results we want without creating high stress levels?

Hundreds of scientific studies have shown that **Mindfulness** helps us increase our resourcefulness, productivity, creativity and resilience whilst helping us to **reduce our stress**. Science is now backing up what our ancestors discovered 3500 years ago, that we can remain calm and highly effective even when the world is frantic and unforgiving. Mindfulness is now helping thousands of people find their sweet spot, perform at their best and cope with the huge stress levels that life is throwing at us.

Through simple, scientifically proven processes, mindfulness helps us to quieten our minds, find our own inner compass and stop taking that little voice in our head so seriously. The approach is now being used all over the world by high achievers in business, sport and education to help them achieve more with less stress. If the **All Blacks** are using Mindfulness to improve their performance under pressure, shouldn't you consider it for your team?

**This Mindfulness program covers:**

- Developing sustained attention
- Finding your sweet spot
- Reducing fear to become relaxed, focused and at ease in all situations
- Making quicker, better decisions
- Staying poised under pressure
- Developing better mental well-being
- Improving connection and collaboration
- Reducing anxiety and depression

Your presenter:

**John Shackleton**

With a background in Sports Psychology, John has been a speaker, and trainer to the business world for over 35 years. He has coached World champions from the sporting world plus top performers in business. Now he is helping us to perform at our best, achieve our goals whilst reducing our stress levels by teaching the development of resilience through mindfulness practices.