



Living Mindfully, Community Interest Company

Living Mindfully is a CIC, set up to respond to the need for mindfulness coaching in a variety of settings. The Directors of the new company are both established mindfulness practitioners, who have undergone teacher training at the Centre for Mindfulness Research and Development at Bangor University. Gary Heads is a Mindfulness coach and instructor, and already contracts with some public sector bodies, including Job Centre Plus. Elaine Young is a professional social worker and, until recently was a Director of a successful Social Enterprise in the Care Sector. Elaine and Gary have experience of delivering mindfulness training together as a team and individually. Gary is near completion of a Masters degree in Mindfulness at Bangor, Elaine is about to begin the Masters programme.

“Mindfulness is paying attention, in a particular way, on purpose and without judgement, in the present moment.” (John Kabat Zinn) It is an approach rooted in ancient meditation principles, and more recently scientifically researched and developed to respond to a wide range of defined client groups, including those suffering from chronic pain, anxiety and depression. It is possible to adapt mindfulness coaching and training to be delivered to individuals and/or groups in a particular context (such as social work or teaching).

It is an ideal approach for personal development, and mindfulness based coaching helps people to reach into themselves for the inner resources that can be unleashed and utilised in times of difficulty. In this time of recession, redundancies, financial difficulties and anxieties about the future, mindfulness can offer helpful strategies and perspectives to those who commit to practice.

Living Mindfully has established links with organisations who have shown interest in purchasing and developing mindfulness courses, including schools, local authorities, a social work co-operative, employment services and a local University. There is already an established referral system for Living Mindfully's services in Derwentside. At present, Gary and Elaine are the main providers of the services offered. In future, Associate Teachers may deliver courses under their supervision.