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training individuals in **mindfulness** + excellence

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An innovative and recently developed programme that has at its core the use of mindfulness integrated with coaching. The programme encourages individuals to take personal responsibility for progressing their lives and encourages a wider perspective when viewing their available options.

Originally developed for the long term unemployed, the programme has been expanded to encompass a far reaching client base.

In fact, anyone who feels stuck and embroiled in a life without meaning or direction is a potential participant in the programme.

We will look at Confidence, Self-Esteem, Negative Beliefs, Negative Emotions, Assertiveness, Clarity of Thinking, Communication, and Understanding and Accepting others. Developing the skills essential to leading a life that is authentic to you, a life that is not just built on achievement but is also meaningful and fulfilling.

The skills we learn on the **time** programme go far beyond our working lives, they are tools for living our lives in the present moment, to enjoy each moment as it unfolds. The past is gone and the future does not yet exist, all we have is the present.

The time programme consists of a series of 4 workshops specifically designed for your clients, your employees or yourself.

Tel 01207 693909 or email time@truepotential.co.uk



for enterprising people

This programme looks at self-employment from a wider perspective than simply setting up and running a business. What drives us to build a business? Where do we develop the passion and motivation to keep going in times of difficulty? Is the direction we have set the right one for us? How to build communication skills that will inspire clients and build trust. How to deal with stress and stay calm in the most challenging situations. How to stay focused on our business whilst keeping our work/life balance.

Whether you are new to self employment or have been in business for years, this programme will give you the tools to look at your business without the attachment, **a fresh approach.**

time for enterprising people a 1 day workshop

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for yourself

Time for yourself is an experiential, interactive programme delivered in the workplace or in external workshops. Research has demonstrated the benefits of mindfulness meditation in the reduction of stress and is therefore well suited to the growing problem of workplace stress.

In the UK it is estimated that work-related stress is responsible for 6.7 million days of sick leave per year.

Many stress reduction techniques talk about the symptoms of stress and how to deal with them rather than the root causes. **Time for yourself** participants commonly report an increased ability to relax, enhanced energy and enthusiasm for life, greater self-esteem, increased concentration levels, and an ability to cope more effectively with stress at work and in other areas of life.

time for yourself is available as a 1 day introduction workshop then as a tailor made programme for your organisation.

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