



[www.studiomindandlearning.com](http://www.studiomindandlearning.com)

# Mindset & Mindfulness Program

An agile mindset allows for reflection, acceptance, learning and action. It ensures that we don't remain fixed in our thinking and engage in habitual reactions that do not serve us. Cultivating a growth mindset is critical for an authentic life, and this program will help you identify your current mindset, habitual reactions, and their impact on your life.

As part of the program, you will learn to adopt a mindful approach that improves awareness and acceptance to help you choose different, more helpful responses to emotions and experiences. A mindful practice is one of being in the present moment, and you will engage in a range of short meditative/reflective practices that help you develop this practice.

The program focuses on three main areas:

1. Developing a healthy, growth mindset.
2. Developing greater awareness of thoughts and feelings as they arise to improve awareness and concentration.
3. Developing the ability to adjust responses in the present moment rather than reacting in non-serving habitual ways.

## Who will benefit from this program?

This program is for organisations, sporting groups, school groups, individuals and anyone seeking to develop a more mindful and growth-orientated approach to life. Logistics

Typically, the program is implemented over six weeks, with 6 x 45-60 minute sessions. However, it can be also be undertaken as part of an intensive one or two day workshop or tailored to meet individual needs.

Separate programs that focus on mindset, meditation and other key practices associated with elements of this course are also available.

Please do not hesitate to contact Sarah via email at [sarah@studiomindandlearning.com](mailto:sarah@studiomindandlearning.com) for more information or to arrange a no obligation chat about how this type of program may benefit you.



Growth Mindset