

# wellness & wisdom

*for the workplace*



## Can your workplace be a source of well being and personal growth?

**Can you be more effective, AND enjoy better relationships, less stress, better sleep, plus greater satisfaction?**

**The answer is YES!**

Science-based mindfulness, emotional intelligence, compassionate communications, positive psychology and self-directed focus are potent tools toward greater success for both individuals and organisations. Whether you're an individual with a growth mindset, wanting a team to synchronise, or nurturing a successful corporate culture, I'm here to impart simple practices that make a difference.

### Try a FREE Practice of Mindfulness



Sample a free Mindfulness Meditation session to begin, reignite or strengthen your mindfulness practice. Apply mindfulness to everyday circumstances that typically throw us off.

The skills for managing great challenges are learnable, but rarely taught. As a Certified Workplace Mindfulness

Facilitator and long-time meditator (amongst other things), Josie explores the fundamentals of these skills and shares supportive and sustainable practices, including creating capacity in your nervous system to be calmer, clearer and more resilient, healthier and adaptive.

These sessions will help you enhance well-being, collaboration, resilience and results at work.

- Learn individual practices to release stress, lower blood pressure and alleviate depression to improve wellbeing and wellness of mind and body
- Enhance deep listening, compassion and confidence
- Integrate mindfulness into your interactions with yourself & others
- Demonstrate mindful leadership at work and in daily life
- Improve your organisation's ability to cultivate a safe, respectful, and authentic culture
- Reduce aches/pains, sleeplessness and dis-ease, and much more

### Interested in a Virtual or Live Event, or Online Training?

Josie Thomson provides consulting, implementation, and facilitation services. Please call 0407 175 980 or email [josie@josiethomson.com](mailto:josie@josiethomson.com)



Josie Thomson

Learn more at:  
[www.josiethomson.com](http://www.josiethomson.com)