

Would you like to feel calmer, happier, more contented, joyful and compassionate?

Are you feeling overwhelmed? Exhausted? Low?



Book a place: Mindfulness for Primary Care staff in Gloucestershire

FINDING PEACE IN A FRANTIC WORLD PROGRAMME

Mindfulness could significantly reduce feelings of distress and help you regain the capacity to be more joyful and lead a calmer, more balanced life amidst the frantic world that is our primary care.

In association with The Wellbeing Line, and funded by NHS England, Alison Sedgwick-Taylor (Consultant Clinical Psychologist, CBT and Mindfulness Teacher) is offering Mindfulness resources and training to all Primary Care staff in Gloucestershire.

These experiential courses will teach participants to cultivate mindfulness across their work and personal lives through a series of gentle yet profound meditation practices and cognitive behavioural techniques.

What previous GP participants have said:

"I think it has reduced my feelings of being overwhelmed, so I listen more and feel less irritable when consulting"

"I am more empathetic to patients and colleagues"

"I am able to manage my stress levels, be more accepting of the work and make personal space from work when needed"

Contact us now to book your place

hello@thewellbeingline.co.uk or 0300 421 7500

First 3 online courses starting on:

13th February 7-8:30pm for 8 weeks + Includes a Silent Retreat Day

14th February 4-5:30pm for 8 weeks + Includes a Silent Retreat Day

20th March 7-8:30pm for 8 weeks + Includes a Silent Retreat Day