



PROFILE

I have been practicing mindfulness for over 5 years and have studied mindfulness approaches at Bangor university. I run courses for Avenues staff to support the management of stress within their personal and professional lives. I also offer advice and support for people on stress management including ways to deal with stress.

DAY WELLS

MINDFULNESS IN EVERY DAY WORKING PRACTISE

I will be introducing mindfulness from where it came from, why it is happening and how we can refine it to suit our individual lives. I will be offering really simple practices and giving an overview of how mindfulness can be used in day to day life, offering a different approach to each moment.
