

Comments from Satisfied Clients

'A positive way in managing stress in your mind and body and in managing pain. Very beneficial!'

'The course was excellent and I learnt a lot'

'Whole course was very good'

'I thought this was a very valuable course. In the present time I benefitted most from the company and support while learning some tools to aid me'

'I have felt an overall benefit; very grounding, getting in touch with my emotions and feeling, giving me tools to improve my health and others I care for'

'My reaction was Good / Good. To think in the present, not past or future. Not taking hurtful "stuff" from others to heart'

'This course was very helpful. It showed me how to stay in the present and not take on guilt'.

'Lots of things in the course that one knows already, but being re-inforced by Mindfulness puts it all in perspective'

For more information contact:

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Contact us for course details

*Enquire about our workplace programmes
Designed to improve workplace culture*

Also available:

- ◆ Mindfulness therapy for individuals
- ◆ Mindfulness at Work
- ◆ Mindfulness for Children
- ◆ Coaching
- ◆ Counselling
- ◆ Enneagram courses
- ◆ Philosophy courses



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Mindfulness for Living

Beat Anxiety Manage Stress

Learn Mindfulness skills

The drug-free way to a better life

0409 191 342

Overcome Addiction, Fear, Depression, Panic, Phobia Anxiety, Stress, Trauma

Be Joyful Again!

'Between stimulus and response, man has the freedom to choose' (Covey 1989)

Mindfulness

A practice worth doing

- ◆ Develop self-awareness
- ◆ Be in the present moment
- ◆ Accept all your experiences
- ◆ Prevent negative reactivity
- ◆ Promote calmness, equanimity
- ◆ Daily practice

Gain unique insight into your life

Mindfulness for Living

A course for everyone

- ◆ Overcome negative emotions
- ◆ Learn to manage stress
- ◆ Develop interpersonal skills
- ◆ Improve communication
- ◆ Learn Assertiveness skills
- ◆ Stay stress-free after the course

Banish stress and trauma

Course Information

Learn skills and take charge

- ◆ Pre-course interview
- ◆ 8 x 1.5-hour weekly sessions
- ◆ Small groups of 4 participants
- ◆ 50-minute individual session each
- ◆ Notes, folder, recordings
- ◆ Weekly activities

Contact details overleaf
