

## GUIDED RESILIENCE – BEGINNING MINDFULNESS COURSE

### DOES THE CURRENT STATE OF LIFE LEAVE YOU FEELING?

- Overwhelmed
- Distracted
- Anxious
- Body aches/pains
- Disappointed with relationships, nutrition, or movement goals
- Exhausted



This 8-week program invites you to draw from my **Mindful Pause approach** to well-being to establish a personally meaningful mindfulness practice that promotes inner peace and stability.

4 simple steps guide this work: **Stop...Breathe...Think...Choose.**

These fundamental steps introduce mindfulness concepts, and Coach Cami's breadth of coaching experience helps connect concepts to your life and experiences.

**Register early – only 25 spots available in each session to create a manageable learning environment.**

### MINDFUL PAUSE LIVING SUPPORTS **H.E.R.O.E.S.** (HOPE, EFFICACY, RESILIENCE, OPTIMISM, ENERGY, STRENGTHS)

This course mobilizes our hero capacities: hope, efficacy, resilience, optimism, energy, and strengths. With mindfulness, these capacities protect and promote your resilience, well-being, and ultimately performance in the ways you live, work, and relate with other.

Mindful Pause aims to increase the understanding that mindfulness is not only a technique used for dealing with specific problems but first and foremost **a way of living and relating to inner capacities (H.E.R.O.E.S.) that support inner peace and stability.** These capacities become the "Inner PPE" that protects your resilience and well-being. Mindful Pause builds on insights from the literature on mindfulness and beyond (e.g. positive psychology, emotion regulation, positivity science, coaching theory, and self-determination).

### SESSION:

**Thursdays, Jan 7 – Feb. 25, 7:00 – 8:30pm**                      or                      **Saturdays, Jan. 9 – Feb. 27, 9:00-10:30am**

**INDIVIDUAL FEE = \$50 (REDUCED TO PROVIDE SUPPORT DURING THE PANDEMIC)**  
**GROUP FEE = \$600 CAN SCHEDULE GROUP SESSIONS SEPARATELY FROM ABOVE OFFERINGS**

RECOMMENDED TEXT:

***Mindful Pause: A Self-Care Guide to Resilience and Well-Being by Coach Cami (available on Amazon)***

BONUS

Participants are enrolled in “Mindful Pause Challenge”: 4-weeks of mindfulness/self-care daily inspirations and self-care tips delivered via email

PROGRAM

- **8 – 75 min sessions via Zoom:** an interactive style inviting participant interaction
- 15 minutes at the end of each session with Coach Cami for questions and coaching support
- Your personal commitment to attend sessions, grow your personal practice, and engage in self-reflection and group discussion
- **The program goes beyond just learning mindfulness. You’ll receive professional group coaching support to help integrate new behaviors successfully into your healthy lifestyle.**
- Access to professional coaching platform for accountability and goal-setting support
- You can expect:
  - To feel **grounded** with evidence-based self-care/mindfulness practices.
  - Support in **growing** in self-awareness and a positive mind.
  - To feel **gifted** with mindfulness skills and resources to support your growth.

MINDFUL PAUSE OVERVIEW:

The first four weeks introduce material from the Mindful Pause approach to living. The remaining four weeks continue with mindfulness content.

<b>Session 1 Stop:</b>	Self-Care and Attention (for the present moment)
<b>Session 2 Breathe:</b>	Self-Regulation, Automatic patterns, and reactivity
<b>Session 3 Think:</b>	Positive Emotions, Strengths, and Judgment
<b>Session 4 Choose:</b>	Self-Determination, Conflict and Acceptance
<b>Session 5:</b>	Goals
<b>Session 6:</b>	Compassion
<b>Session 7:</b>	Ego / Identity
<b>Session 8:</b>	Integration

*Cami is a great teacher who is kind, patient and really cares about the success of her students. There were many messages that woke me up to seeing my life differently in a better way. -Recent participant*