

# Mindful Living and Working

Stress reduction, conscious living, self-development

## What is mindfulness?

Mindfulness is consciously being aware of the present moment, without judging it. Being mindful means knowing *what* we are doing *while* we are doing it – and *why* we are doing it. It is the opposite of the autopilot where we do or say things out of habit or by being driven by thoughts or emotions.

Mindfulness teaches us to look closely at what is happening around us and inside of us, allowing us to fully experience the present moment – the only moment we actually have under our control. This opens up the path to a range of choices, to conscious decisions and to a life in line with our inner values – instead of being influenced by unconscious conditioning.

## How can we learn to live mindfully?

Developing mindful awareness evolves out of the skill to focus our attention onto something particular. Similarly to muscle training we here train our “attention muscle” to stay – and come back again and again – where we want to focus on. This practice reduces our tendency to move around in autopilot, trying to do three things simultaneously, and is therefore increasing the possibility to respond skilfully to stressful and challenging situations, rather than reacting to them out of an impulse. We gain a whole new variety of choices of how to act in any given moment.

The practice of mindfulness consists of formal – sitting in silence – and informal exercises for everyday tasks. Through mindfully approaching life we practice a lot of different skills: concentration and focus, awareness of unhelpful thinking patterns, self-regulation of emotions, and the skill to respond to challenging situations with more kindness and thoughtfulness.

## My offers

**introductory workshop** into the topic of mindfulness (1 h or 1 ½ h)

In this interactive workshop the basics of mindfulness are explained, giving the participants the opportunity to experience simple mindfulness practices and to learn about the benefits of mindfulness.

**mindfulness for parents and educators** (6-week course or other formats)

On the basis of works from renowned scientists and mindfulness teachers such as Dr. Rick Hanson, Dr. Dan Siegel, Lienhard Valentin and Jon Kabat-Zinn, I have developed a 6-week programme focusing on the topic of bringing mindfulness into everyday life with children. Very practical exercises and topics close to everyday struggles and challenges with children will allow the parents or caregivers to develop a deeper and more joyful relationship within the family or the classroom. This in turn can develop into a valuable improvement in the overall wellbeing and into a more content and relaxing life.

A **half-day or full-day workshop** (3 h or 6 h) covers a range of different topics in more detail, such as for example stress management, self-care, or mindful communication. These interactive workshops include teaching, practical exercises and sharing in and learning from the group, adapting the programme according to the needs and interests of the participants.

**8-week MBSR-course** (mindfulness-based stress reduction)

The scientist Jon Kabat-Zinn has developed an 8-week-programme on mindfulness, covering the topics stress and stress management, self-care, communication, difficult thoughts and emotions, etc. In this programme there is plenty of time for mindfulness exercises and reflection on various aspects of daily life and how we deal with it – and offering solutions on how we can live more fully and consciously with the help of mindfulness.

### Who am I?

Since 2017 I am working as mindfulness trainer in Brussels and Luxembourg, having specialised in „Mindful Communication“ and „Mindfulness for Parents and Children“. I have been training with Jon Kabat-Zinn, Lienhard Valentin, Christiane Wolf, Catherine Felder, and others.

I work closely with *Brussels Mindfulness* as operations manager and freelance trainer. I have been giving courses, workshops and retreats in Brussels and Luxembourg (for example in the EC in Cloche d'Or, stress management, workshops on communication, parenting courses, or family events).

I teach in English, German and Luxembourgish.

### Contact:



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