

2019 / 2020

<b>Course Code</b>	Q3595
<b>Tutor</b>	Julie Bibby
<b>Venue</b>	UCM, Homefield Road, Douglas
<b>Cost</b>	£82
<b>Start Day, Date &amp; Time</b>	Friday 11th October and Friday 25th October 2019 9am – 4.30pm
<b>Number of Weeks / Sessions</b>	2 Weeks

### What is the course about?

Mindfulness can enhance wellbeing, focus, creativity and communication and help us to respond more skilfully to pressure and challenges, resulting in calmer, more resilient individuals and a more harmonious and effective workplace.

For further details or to enquire about bespoke training for your workplace, contact Julie Bibby (see contact details below)

Further information and a health questionnaire will be sent out prior to the course.

### Previous experience:

No previous experience is required. Everybody welcome.

### General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

### Who should I contact?

For further information, please contact the Tutor, Julie Bibby, on 428050 or at [juliebibby@manx.net](mailto:juliebibby@manx.net) or the Programme Area Secretary on 648204.