

# Mindfulness in Work and in Life

**Date:**

Monday 29th January 2024

**Venue:**

Leeds Venue TBC

**Timings:**

**9.00am** Registration

**9.30am** Welcome

**3.30pm** Close

**Course Fee**

£250.00

**Accreditation**

This course is eligible for **6 CPD** hours subject to your peer group approval.

**Suitability**

Medical Healthcare Professionals

**The Venue**

Leeds Venue TBC

## About this Course

This 1-day experiential course is based on the evidence-based MBSR course designed and researched by Prof Jon Kabat Zinn in Harvard. The course covers several important aspects of mindfulness and encourages home practice to be carried out. It is interactive with group work, providing plenty of opportunities for discussion and linking to the reality of working in the NHS.

Our fully training mindfulness teachers, who have almost 30 years of experience each as clinicians and educators in the NHS, have personally benefited from their own practice of mindfulness.

## Course Objectives

The aims of the course are to help participants learn about, practice and experientially develop the skills of mindfulness practices to manage stress and promote self-care and well-being at work and in life

By the end of the course, participants will have:

- Gained knowledge about mindfulness and meditation and the evidence base in the management of stress and promoting general life enhancement
- Experientially learned and practiced common meditation practices such as the body scan, the sitting meditation, mindful walking, mindful movement, and the 3-step breathing space.
- Been signposted to commonly used resources to support you in continuing your practice of mindfulness

## About our Speaker

DoctorsTraining is a collaboration of senior doctors in postgraduate medical education, executive coaches, and experienced medical leaders. We provide space to think, share ideas and to learn with fellow professionals. We are authentic, highly credible, and passionate about supporting the current and future NHS workforce.

T: 0113 85 55638

E: andrewsimscentre.lypft@nhs.net

W: andrewsimscentre.nhs.uk

# Andrew Sims Centre Reservation Form

## BOOKING CONFIRMATION

All bookings will be confirmed in writing via email. Further details including programme times and venue information, will be sent approximately 2 weeks prior to the event date via email. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee. We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time. For further information on the conditions of booking, please [click here](#).

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, by receiving our fortnightly e-newsletter, please tick [ ]

T: 0113 85 55638  
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W: [andrewsimscentre.nhs.uk](http://andrewsimscentre.nhs.uk)

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## Your Details

**Title:**.....

**First Name:**..... **Surname:**.....

**Job Title:**.....

**Speciality:**.....

**Trust/Organisation:**.....

**Work Telephone:**..... **Mobile:**.....

**Email:**.....

**Dietary Requirements:**.....

**Other:**.....

**Signature:**..... **Date:**.....

## Payment Options

**COURSE FEE:** £250.00 [ ]

**ONLINE:** Please visit [www.andrewsimscentre.nhs.uk](http://www.andrewsimscentre.nhs.uk) and pick the course you would like to attend to book and pay.

**TELEPHONE:** With debit or credit card 0113 855 5638

**INVOICE:** Please send a copy of Purchase Order with delegate details/Trust/PO Number to [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net)

**LYPFT INTERNAL TRANSFER & STUDY LEAVE** Please email [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net) with the following information:

Budget Holder Name.....

Budget Holder Email.....

Budget Code.....

Budget Holder Signature.....

Budget Transfer will occur in **January** 2024

**ALL PAYMENTS MUST BE RECEIVED IN ADVANCE OF EVENT**