

In Balance



Following workshops in April 2016

100% have seen an improvement in the quality of relationships at work

"The waves may be choppy but underneath the sea is calm and quiet... the mind / being is like that too."

92% have seen improvement in capacity to care more deeply for themselves and others

100% of participants agreed that their participation in Mindfitness Intensvie has helped them connect to the organisational purpose of Care Unbound.

"I am now aware of all the small wonderful things I took for granted, like grass, blue skies or just a nice view."

I have been more aware of choices I make

I have increased my skills for recognising and managing stress

I have greater clarity regarding what's important to me

I feel more empowered and in control of my life

I have learned skills and strategies that help me to live more in balance

I am more mindful of what is true for me in different situations

I have increased my skills for recognising and managing stress

I have a greater ability to focus my mind

I have made positive, health enhancing lifestyle choices

I am a better listener

I have a greater ability to manage my emotions

I found much personal value and inspiration in the In Balance sessions with the Leveys

I remember to come back to mindfulness and myself

Here