



Waking Waves

Waves of

# Wellbeing and Resilience

6 week course





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# Course overview

Waves of Wellbeing  
and Resilience

Dive deeper into the principles of mindfulness and compassion and learn how to apply them in daily life and work.

Integrate the tools, insight and resources, to establish long term healthy habits and behaviours, helping you strengthen your focus and attention, reduce stress and build lasting resilience and wellbeing.

[wakingwaves.com/courses](https://wakingwaves.com/courses)





# What will I learn

**Strategies and tools** for managing stress, anxiety, fatigue and overwhelm

**Practical and mindfulness specific** understanding of our stress response and related neuroscience



**Supportive habits** to enhance your physical and mental wellbeing

**Evidence-backed** mindfulness and compassion practices to fit into your life and work routines



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# How will I benefit?

1. Increased capacity for **focus, attention** and happiness in life and work
2. Build **greater stability** and sense of ease
3. Discover a stress free, **reliable place of calm**
4. **Enriched learning** experience through group
5. Connect with like-minded people



# Course modules

**Week 1:** Mindfulness without mystery

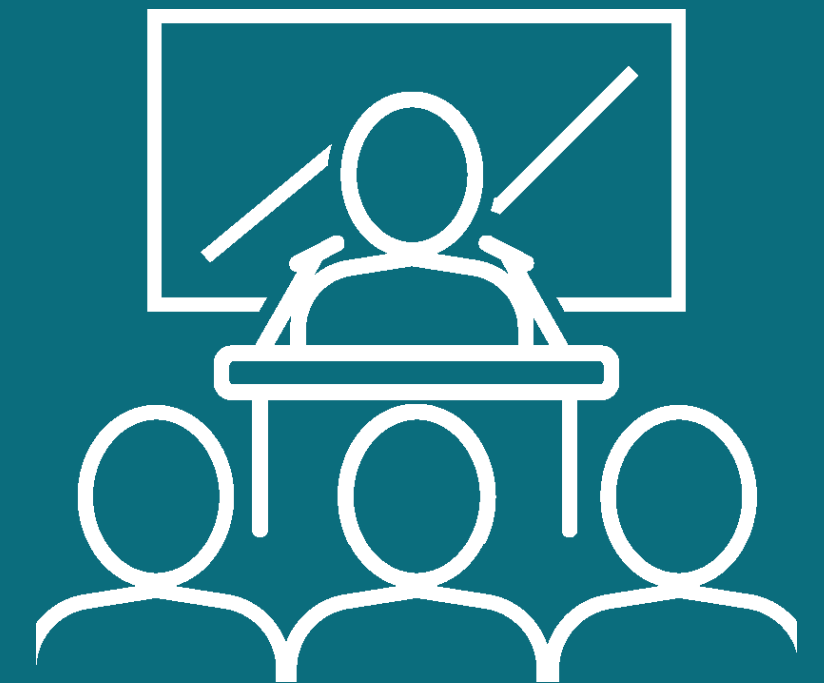
**Week 2:** Out of autopilot, into focus

**Week 3:** Stress awareness and management

**Week 4:** Emotional balance and stability

**Week 5:** Mindful attitudes, compassionate life

**Week 6:** Resilience building healthy habits





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# What's included?



6 x 1.5 hour weekly teaching sessions [over zoom]

Guided meditations provided in session

Supported self-reflection and inquiry in-session



Recordings for home meditation practice

Access to Waking Waves sitting group ongoing





**Cost: £180**

per participant

**For Organisations**

Minimum group numbers or rates apply,  
please email directly to discuss your needs

**Timings**

Weekdays during lunch hours

Join the next wave

**[Book here](#)**

Get in touch

**[hello@wakingwaves.com](mailto:hello@wakingwaves.com)**

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# Waking Waves

Leave Stress in Your Wake