



# MINDFULNESS VS. STRESS

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A New Workshop by  
Dr. Chantal Hofstee



Stress is quickly making it's way to the top of most common employee complaints. Depression and anxiety symptoms are skyrocketing, along with other health issues. Prolonged stress is simply unsustainable.

## MINDFULNESS – THE SIMPLE SOLUTION

Mindfulness is the genius, low cost solution to stress. By harnessing simple Mindfulness techniques, your staff will learn to better manage their stress levels throughout the day. This greatly reduces the negative impact of stress, even without changes to the work situation and the realities thereof. No wonder businesses like Google and Apple offer Mindfulness training to their employees.

This workshop is all about learning Mindfulness techniques that help you **maintain a healthy body and a clear mind even during the busiest days.**

## DR. CHANTAL HOFSTEE

*Clinical Psychologist, Mindfulness Trainer and Author of Mindfulness on the Run*

Dr. Chantal Hofstee is one of New Zealand's leading Mindfulness teachers. She is on a mission to help people take control of their stress. She teaches research based Mindfulness techniques, which don't require a formal meditation practice but can be used on the go, yet they have been called 'enlightening' and 'gently life changing'.



*“I came in with an idea of Mindfulness and left with a full toolbox of techniques and excitement about putting them into practice.”*

*– Danusia Wypych, Sustainability manager Z energy*

*“By far the best ‘self-development’ workshop I have done!”*

*– Jane Smathers, Team leader Inland Revenue*

*“What an excellent workshop. I enjoyed learning how to effectively reduce stress and increase focus. I will be implementing these techniques at work.”*

*– Pete Hill, Overseas Investment Office NZ*

**Mindfulness vs. Stress is a highly effective 2-hour workshop full of practical Mindfulness exercises that can be done in minutes.**



During the workshop, dr. Chantal Hofstee explains how stress affects the brain and teaches her favourite quick and effective Mindfulness techniques that enable you to slot mindfulness into your workday without the need for formal meditation practice. The results will be a calmer mind, less stress, more focus, greater productivity and most importantly a happier and healthier life.

**DURATION:** 2 hours\*

**LOCATION:** In-house or at an arranged location in Auckland

**COST:** From \$1000

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*\*To get the full benefits of Mindfulness in business, this workshop can be extended to a full day, in-house professional development training.*