

## How can SKJ Consulting help you develop your mindfulness skills?

Sharee can teach you or your team about mindfulness and meditation. All mindfulness teaching with Sharee is experiential. Phone or email to schedule a free, no obligation, 30 minute conversation, by phone, Skype or face to face with Sharee. For clinic and hospital teams or individual health professionals.

For Doctors and health professionals who:

- Want to develop mindfulness – grow attention, focus, clarity and awareness
- Want to learn how to overcome tension with relaxation
- Want to improve their emotional regulation

### Individual Mindfulness Coaching

Individual coaching session	1 x 60 minutes \$300 +GST	\$ 330.00
Personal Development process (6-10 weekly)	6 x 60 minutes \$1500 +GST	\$1,650.00

### Mindfulness Coaching at your Clinic (or Group in the same location)

Three or more health professionals seeking mindfulness coaching as a group ..... Lets talk!

### Potential Project CBMT (6-10 weeks over 2-4 months)

- 6 - 10 x 90 minute workshops with Sharee
- daily practice together as a team / work group
- supported by App, manual and emailed content

All program costs are tax deductible and eligible for CPD points depending on learning goals. Pricing true and correct on 15 September 2017.