

Det lösningsfokuserade nätverket i Västmanland bjuder in till:

## Mindfulness och Solution Focus

Verktyg för att minska stressen  
– för Dig och Dina klienter/Deltagare



Onsdag 6 december kl 8.30–16.00, Kyrkbacksgården, Västerås.

### **Dagen blir på lättförståelig engelska med möjlighet till översättning i rummet**

This is a one day workshop for professionals, coaches, managers and team leaders – anyone who experiences stress or has conversations with others who experience stress!

You will learn a number of tools, drawn from Brief Mindfulness and Solutions Focus, which will help you to manage your own stress levels and help other people to manage theirs. You'll take away:

- methods to reduce stress and boost focus in just 2 minutes a day
- a tool to tackle a specific stressor, to dramatically reducing stress and regain initiative
- ways to be more fully engaged in coaching sessions and conversations with others, so that your communication is more engaging and effective
- an understanding of “Approach Mode” – the neuroscience that helps to explain how both SF and Mindfulness are so effective
- coaching tools to help others to reduce stress and handle pressures and challenges more effectively

After the workshop, you can opt in to free eLearning, to help you integrate the “reduce stress and boost focus in 2 minutes per day” material into your daily life. You are also especially invited to participate in a free course by email, “9 ways to reduce stress in less than a minute”.

To find out more about Shakya, and access his free Brief Mindfulness resources, go to

<http://www.briefmindfulness.com/l/free-resources/>

#### **About Shakya Kumara**

*Shakya Kumara is an Executive Coach, Solutions Focused Trainer, and the founder of Brief Mindfulness. He has 25 years experience with mindfulness, and over 20 years experience with SF.*

*Shakya is the creator of various SF training models, including “iFLOW” Personal Organisation and the “MAGIC” model of Negotiation, both of which are in use around the world. He trains managers in Solutions Focused Coaching Culture, as part of Mark McKergow’s SFWork team.*



Anmälan här: <https://simplesignup.se/event/96618>

**Senast den 6 november!**

Frågor inför dagen besvaras av Sussan Öster: [Sussan@goodsolution.se](mailto:Sussan@goodsolution.se)

Varmt välkommen till en kostnadsfri nätverksträff för Dig finansierad av:

Shakya Kumara  
shakya@briefmindfulness.com  
+44-(0)-7981-097768  
[www.briefmindfulness.com](http://www.briefmindfulness.com)

