



**C CALM MAN**

**MINDFULNESS FOR MALE GROUPS**

**CALM MAN**

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## INTRO

The benefit of Mindfulness is to create within the individual, the ability to focus their attention on the awareness of what is actually happening in the present moment, within themselves and to what is happening around them in a wider context.

Learning to focus the mind in this way relaxes the body and mind, improving emotional awareness and intelligence.



Huw Griffiths Lic Ac is an experienced mindfulness teacher who builds on over 30 years of experience working in the field of body / mind medicine for stress and stress related illness. Huw has completed a mindfulness teacher training course at the University of Wales in Bangor.

A long term meditator, Huw teaches mindfulness to a wide public audience including schools, banks, companies and government organisations as a way for clients to further develop and improve their overall physical, mental and spiritual health.

Emotional Intelligence is recognised by the presence of the following:



### SELF AWARENESS

Knowledge of one's internal states, preferences, resources and intuitions



### SELF REGULATION

Management of ones internal states, impulses and resources.



### MOTIVATION

Emotional tendencies that guide or facilitate reaching goals



### EMPATHY

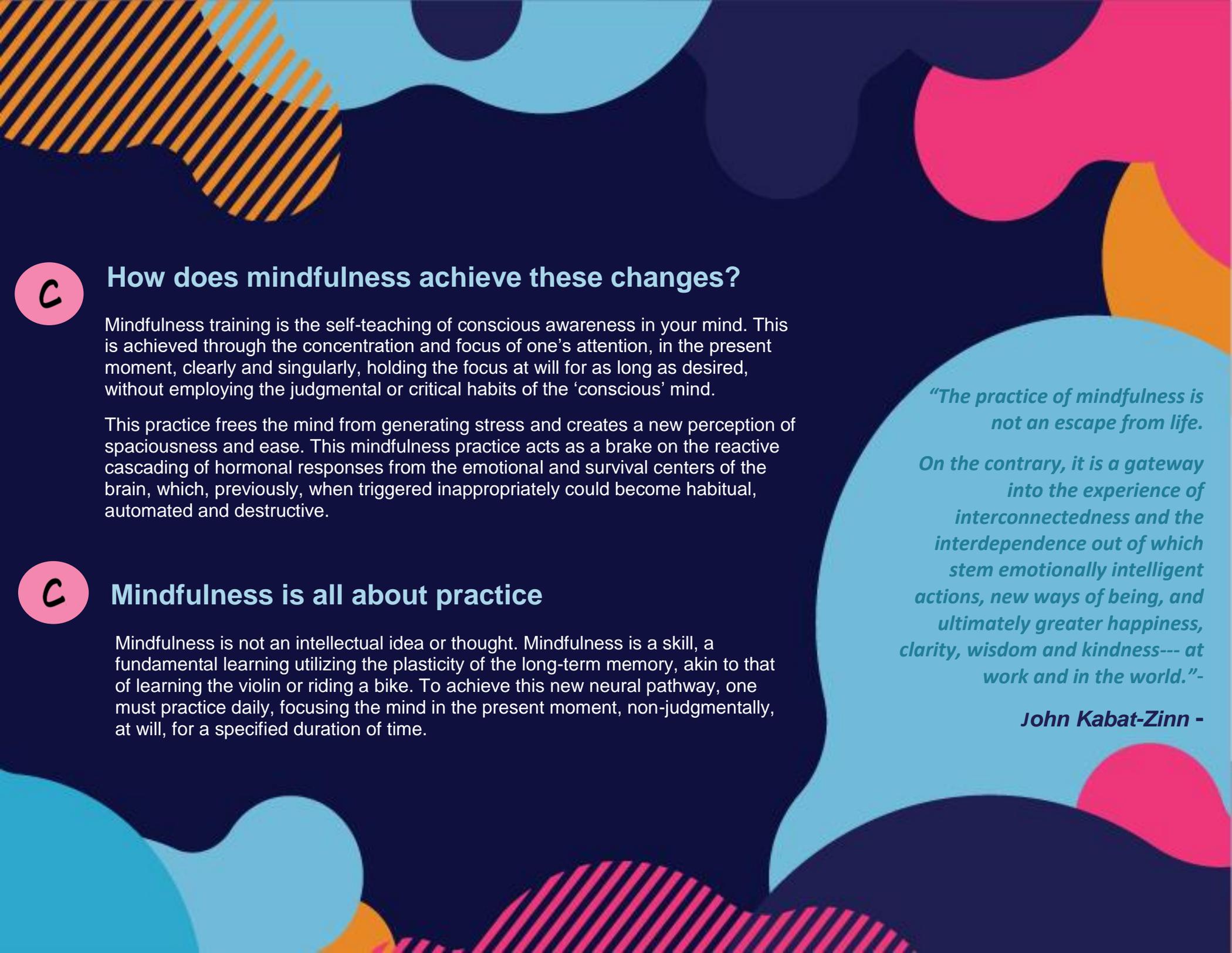
Awareness of others feelings and needs and concerns



### SOCIAL SKILLS

Adeptness at inducing desirable responses in others

“These qualities allow more true relaxation and facilitating less stress, anxiety, worry or depression, generating health and wellbeing in the body and mind.”

The background features a dark blue field with various abstract shapes in light blue, pink, orange, and yellow. Some shapes have diagonal stripes in orange and black or pink and black. A large, light blue, irregular shape on the right side contains a quote and its attribution.

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## How does mindfulness achieve these changes?

Mindfulness training is the self-teaching of conscious awareness in your mind. This is achieved through the concentration and focus of one's attention, in the present moment, clearly and singularly, holding the focus at will for as long as desired, without employing the judgmental or critical habits of the 'conscious' mind.

This practice frees the mind from generating stress and creates a new perception of spaciousness and ease. This mindfulness practice acts as a brake on the reactive cascading of hormonal responses from the emotional and survival centers of the brain, which, previously, when triggered inappropriately could become habitual, automated and destructive.

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## Mindfulness is all about practice

Mindfulness is not an intellectual idea or thought. Mindfulness is a skill, a fundamental learning utilizing the plasticity of the long-term memory, akin to that of learning the violin or riding a bike. To achieve this new neural pathway, one must practice daily, focusing the mind in the present moment, non-judgmentally, at will, for a specified duration of time.

*"The practice of mindfulness is not an escape from life.*

*On the contrary, it is a gateway into the experience of interconnectedness and the interdependence out of which stem emotionally intelligent actions, new ways of being, and ultimately greater happiness, clarity, wisdom and kindness--- at work and in the world."*

**John Kabat-Zinn -**

# MINDFULNESS FOR GROUPS

It is important to take note that Mindfulness is not therapy, and during the seminars , workshops or teachings, personal stories and histories are not shared or encouraged



“I would recommend Huw to anyone considering MBSR, and I would also encourage joining the group sessions even if you are not a natural 'Groupie', as the support from the other group members on our journey was tremendous.”

Dr L.T.

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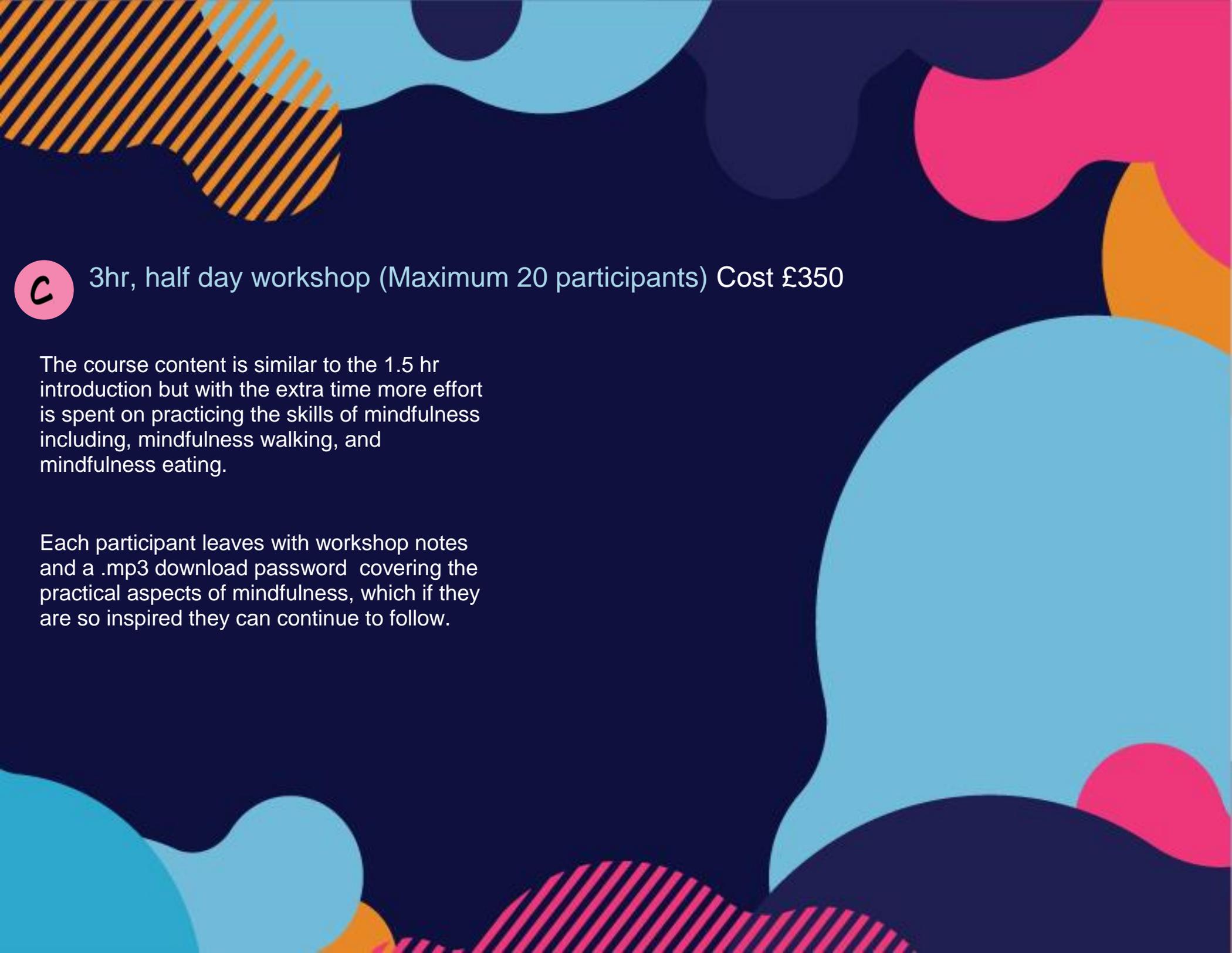
## 1.5 hr Introduction session (Maximum 35 participants) Cost £150

In this session there is an introduction to the science of mindfulness and a logical guide to as how mindfulness works and how it can help you, at work and at home.

Also, as mindfulness is a skill which has to be learnt, not an intellectual idea, there are three practical mindfulness meditations

1. Learning to sit
2. The raison meditation
3. The body scan.

Each participant leaves with seminar notes and .mp3 download password to be able to continue practicing.



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3hr, half day workshop (Maximum 20 participants) Cost £350

The course content is similar to the 1.5 hr introduction but with the extra time more effort is spent on practicing the skills of mindfulness including, mindfulness walking, and mindfulness eating.

Each participant leaves with workshop notes and a .mp3 download password covering the practical aspects of mindfulness, which if they are so inspired they can continue to follow.



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Full day workshop (Maximum 20 participants) Cost £500

Full day workshop (maximum 20 participants) £500

The course content goes deeper into Emotional Intelligence, EQ, and the practical aspects of mindfulness in daily life and communication with others at work and at home.

The course is focused on the practical skill aspect of mindfulness with the aim of imparting conscious tools to the participants which if practiced can have definite and measurable outcomes.

## SOME OF OUR CLIENTS



# CALM MAN

WHERE MINDFULNESS MEETS MAN

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