



Prompt Notes for:

MINDFULNESS & MENOPAUSE

ADVISORY - Please check before you deliver this workshop who your audience may be, and tailor it to their specific needs.

You can hire the skills of a Yoga or Mindfulness teacher to present this session for you or learn how to present it for yourself. It's up to you how you deliver your mindfulness session, here are a couple of useful tips and resources below.

WELCOME: Be sure that your environment is right, check the temperature, and the room you are in. Make sure chairs are as comfortable as they can be. You will also want to explain what mindfulness is, and how it is a nice start to the day as it is proven to reduce stress, worry and anxiety, and this is a technique that they can take away with them. Don't forget to thank everyone for taking part.

OPENING SLIDE: This slide should be open for when your guests arrive or have entered your virtual workshop.

Always smile - Introduce yourself, and your speaker if you have one. Explain what they can expect from not only this session but from their day with you.

Give examples of what mindfulness can be used for, and why it has become a popular practice that is easy to learn.

Good resources:

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

<https://chillchief.com/mindfulness-activities-for-adults/>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

https://www.huffpost.com/entry/mindfulness-practice_b_2629114

<https://www.amazon.com/Mindfulness-English-Bhante-Henepola-Gunaratana/dp/0861719069>

<https://mindfulnessexercises.com/mindfulness-videos/>

There are plenty of resources out there for you to tap into. Make sure you take your time and find what feels right for your workshop. The ambience, setting and experience is important, so when you're choosing venues to deliver workshops please take this into account. Noise can also be a big factor, you don't want to be near a building yard, or have tractors or trucks going up and down outside the venue.

This session sets the stage of the rest of your day, it allows your guests to relax and feel part of something amazing. So don't let nerves get the better of you, practice what we preach. Stay in control and make this the best experience possible for your guests. It is your job to calm them down as they might have had to make a real effort to be there, and often this can be stressful too.

Good luck. Stay calm and enjoy.