

# Mindfulness for Life

Living with balance and perspective



Wellbeing  
Pathways



I'm Carol, owner of Wellbeing Pathways

## Help to bring peace and stillness into your life

Mindfulness brings you back into touch with your feelings and allow you to naturally create deep calm you can draw on at any time. I have found that learning to use mindfulness has helped me to find balance in my life, live happier and appreciate even the small things in life.

I am a certified and registered clinical hypnotherapist and mindfulness instructor.





# About

## **Learn to enjoy deep calm when you need it**

Being mindful allows you to be in the moment, to check inside about how you are feeling and express that in actions and emotions.

Mindfulness is being aware of our thoughts and feelings in daily life, enabling us to live in the moment and be aware of our responses.

Using mindfulness in daily life and work has a positive ripple effect into our lives. Many parts of life can benefit from being mindful. Mindful living has the power to reduce stress, positively improving both our mental and physical health.

Mindfulness empowers us to manage how we respond in daily situations, and take control of how those situations can affect us emotionally.





# Testimonials

“It has been a wonderful experience and I have got so much out of your sessions.

How you have taught me to change my mind set and also a different way to look at my issues that I have struggled with. Thank you so much.”

Sarah, Mindfulness Client

“I can’t believe the difference learning about mindfulness has made to how I feel. Things that used to upset me don’t anymore because I can take a step back and think about it in a different way.”

Debbie, Mindfulness Client





# Services & Fees

## **Mindfulness for Life options available:**

Mindfulness Appointment £70

Mindfulness for Life Programme £220

The Mindfulness for Life Programme provides you with practical techniques to support you in finding your way to calmness and strength in daily life. The programme includes:

- Three personalised appointments
- Materials to support your mindful living progress
- Two MP3 audios to enhance your mindful mindset change

To support you, programme appointments can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.







# Extra Info

## **Free Initial Consultation**

To help you decide if working together could benefit you, I offer a no-obligation free phone call. This is a chance to explain the help you require, find out more about how we can work together, and ask any questions you may have. Please contact me to book.

## **Mindfulness for Life for Groups**

Please enquire for details.

# Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



***Disclaimer: Results may vary from person to person.  
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***