

APPLIED

Mindfulness



What is *Mindfulness*

The background of the slide is white and features several light blue, semi-transparent feathers scattered across the right side and bottom. The feathers vary in size and orientation, some pointing upwards and others downwards, creating a soft, ethereal atmosphere.

Meditation and mind control

Updated traditional meditation

*Eastern traditions, Western traditions,
neuroscience, psychology,
personal development*

Importance of the *technique*

Simple, organic, understandable steps

Innate processes

Easy to learn and practice



A collection of several white feathers with detailed barbs, scattered across the top half of the page. Some are larger and more prominent, while others are smaller and more delicate.

Benefits of the *practice*

Greater well-being

Greater ability to focus

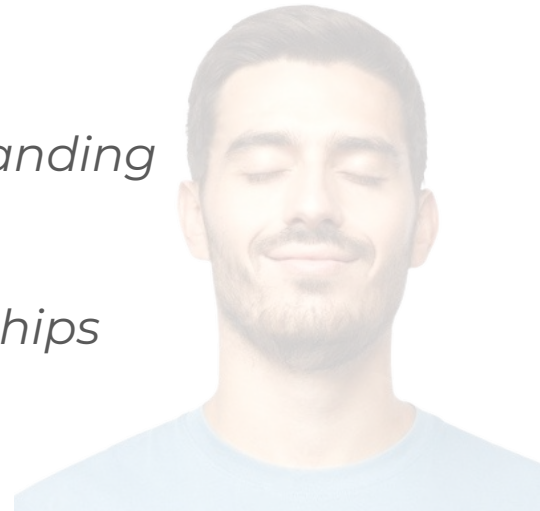
Greater mental clarity

Better self-esteem

Better comprehension & understanding

Better planning & projection

Improvement in relationships



Applications of the *technique*



Personal well-being
Self-knowledge



Applications of the *technique*

Planning

Projection

Strategy

Applications of the *technique*

Groups

Teams

Productivity

Mindfulness **sessions & programmes**

Individual and groups

*Mindfulness **fundamentals**: technique and attitude*

(Self-)guided meditations

Body meditations

***Other applications** of mindfulness: projects, teams, symbolic acts, events, ceremonies.*



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