

Mindfulness-based resilience

A transformative new programme

A 6 week experiential programme

‘Me and my mind’ (Part 1, weeks 1-3)

Topics include; The art of attention, the many benefits of mindfulness for performance and wellbeing, understanding how to reduce the impact of stress to manage challenges more easily and feel calmer and more at ease.

‘Me in the world’ (Part 2, weeks 4-6)

Topics include; Deepening self-awareness and control of our attention, building a more positive mindset, prioritising self-care in a challenging world and deepening connections with others.

We complete the programme by looking at how to take these new habits into our everyday lives to build our resilience and positively impact our work and those around us.

Course Details

Length: 6 weeks

Duration: 50 mins per week

Start date: October

Format: Zoom (a combination of theory, practical exercises and group discussion)

Facilitators: Kate Mishcon (www.mishcon-mindfulness.com) and Michelle Albert.

We also ask all students to do approximately 15 mins per day of home practice between classes to enable maximum impact from the programme.

How to sign-up: Use the form here on the VLE

12 reasons to join our programme

These claims are backed up by extensive scientific research from Harvard, Oxford University and more!

Feel calmer

Be less self-critical

Be less
emotionally
reactive

Feel more
energetic and
grounded

Enjoy better
physical health

Be more grateful
for what you have

Cope better with
challenges

Feel happier and
more comfortable
in your own skin

Develop stronger
relationships

Have more clarity,
creativity and
make better
decisions

Sleep better

Experience a
greater sense
of joy

Hear from some resilience students!

Some days are really tough and I find that on those days the mindfulness sessions really help.

Natalie Fong, University of Nottingham alum



Attending this Kaplan mindfulness-based resilience course opened my eyes.....I learned how to focus on tasks, understand myself when overwhelmed, pay attention to what I am doing and observe the little things which make the difference in our lives.

Anxhela Shaholli,
University of Brighton alum



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 **Terkimbi Gbande** (Mr) • 1st
Digital Learning Partner~ Student Pharmacist~ Student Advisor~
17h • 

It was a pleasure to take part in the Mindfulness-Based Resilience sessions organized by [Kaplan International Pathways](#). I benefited greatly from the science of mindfulness and exploring various practical techniques. I got exposed to the fact that self-criticism is a poison and it can be corrected by engaging in SELF-COMPASSION. Also, our POSITIVE thoughts impact our brain (Oxytocin release) which then helps us to feel calmer, safer and more connected to others. A big shout out to [Kate Mishcon](#) and [Michelle Albert](#) for delivering the online sessions in such an exceptional manner. They truly went above and beyond to make sure the sessions were top-notch. [#mindfulness](#) [#resilience](#)





Certificate of Completion

Awarded to

Terkimbi James Gbande

This is to confirm that that you have successfully completed the 6-week Mindfulness-Based Resilience Programme.

04/04/2024