



Practical Meditation

For You and Your Workplace

Welcome

About the Course

This course is designed for those who would like to learn how to practice mindfulness meditation. It is intended for beginners. Each day there is a short lesson with mindfulness meditation practice notes and a guided audio meditation. A set of answers to 'Frequently Asked Questions' has also been included.

About Me

I came to the practice of mindfulness meditation several years ago, after feeling stressed and overwrought on a regular basis. As a parent and a working barrister, I felt sure there must be a way to run both the professional motor and enjoy parenthood without feeling guilty or completely exhausted. I wanted to be more present, feel less stressed and sleep better at night.

I started to look for solutions on the basis that they had to be both workable and provable – and so I turned to mindfulness meditation. I did my research, started to attend a weekly class, read as many books and scientific papers as I could and started to practice – even when I didn't want to.

After a few months, I began to feel a difference. As a barrister, I found myself better able to cope with stressful situations in a more thoughtful and less reactive manner. I started to have better communications with clients, colleagues and family members. And as a parent, I was more able to be present and develop some breathing space to respond, rather than knee-jerk react to the challenges that arose.



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I use mindfulness meditation on a daily basis to help regulate stress, become more present as a parent, sleep better and enjoy an improved sense of wellbeing.

I have developed this short course to help others to learn about mindfulness meditation and to develop a regular mindfulness practice.

A handwritten signature in black ink that reads "Gill Higgins".

Gill Higgins