

The Art of Mindfulness



Come along and learn the art of mindfulness to reduce stress, overwhelm and burnout.

In this 1 hour workshop we'll explore what mindfulness is and take a look at some of the neuroscience that underpins mindfulness based stress reduction.

You'll be guided in an exploration of:

- Mindful Eating
- Mindful Breathing
- Mindful Self-Compassion
- Mindfulness for Everyday Life



Science demonstrates, a sustained regular practice of mindfulness through meditation and by deliberately integrating mindful moments into your daily life, leads to beneficial outcomes including improved immune function, reductions in inflammation in the body, lower blood pressure and heart rate, improved sleep quality, reductions in a sense of not having enough time and reduced stress.

Kaufman et al 2018 found people who motivate themselves with self-compassion exhibit lower levels maladaptive self-evaluative processes like shame, fear of failure and anxiety and enjoy higher levels of adaptive self-evaluative processes like self-belief and pride.

A 2018 systematic review found participation in an 8-week Mindfulness Based Stress Reduction course helped to improve employees' psychological functioning, leading to decreased levels of "emotional exhaustion (a dimension of burnout), stress, psychological distress, depression, anxiety, and occupational stress" and they also noted increases in mindfulness, personal accomplishment, self-compassion, quality of sleep, and relaxation.

Mindfulness Is

Mindfulness is a clinically proven technique that helps you to be more present, calm, clear and focused in both your personal and professional life, helping to reduce stress, increase happiness and improve your capacity to reach your full potential.

Your Teacher

Your teacher for this workshop is Karen Haddon, an internationally qualified Mindfulness Based Stress Reduction and Mindful Self-Compassion Teacher who has a passion for empowering people to befriend themselves, just as they are.

A Bit About Karen Haddon

Karen Haddon is a skilled mindfulness, compassion, and yoga teacher with over 25 years of personal practice and 9 years of teaching experience.

Karen combines her expertise in mindfulness and compassion with a genuine warm, kind-hearted, and curious nature when engaging with participants in the programs she leads.

Karen has taught the Mindfulness Based Stress Reduction course, each school term since 2016; and Mindful Self-Compassion since 2021. She is the facilitator for Cancer Council WA's Life Now Mindfulness 8-week course and Meditation 6-week course. Karen has facilitated mindfulness workshops with over 180 small and large business'; worked closely with 3 elite sport teams; 2 who went onto win the grand final in the year they worked with Karen, and she has facilitated over 250 mindfulness training classes with teachers from over 200 different schools across Australia's cities and rural and remote areas.

Her passion for staying up to date on the latest research and teaching methods in mindfulness and compassion, and positive psychology and wellbeing, sees Karen continuing her studies in these areas. She has completed professional training in:

- Mindfulness Based Stress Reduction – MTIA
- Mindfulness Based Cognitive Therapy – MTIA
- Mindful Self-Compassion – Centre for Mindful Self-Compassion USA
- Core Gift Discovery for which she is a Master Facilitator
- Acceptance and Commitment Therapy – Dr Russ Harris
- Positive Neuroplasticity Professional Training – Dr Rick Hanson USA
- Trauma Sensitive Mindfulness – Dr David Treleaven USA
- Gratefulness Gatherings – The Network for Grateful Living USA
- Laughter, Resilience and Wellbeing – La Trobe University
- Yoga Teacher Training – The Yoga Space Perth (500hr) WA
- Mindfulness Based Stress Reduction for Teens – Stressed Teens USA
- Mindful Schools Curriculum – Mindful Schools USA
- Mindfulness in Schools Project. B for 11–18-year old's – MiSP UK
- Mindful Parenting incorporating Mindfulness and Circle of Security Parenting – COS

Karen has also presented at the following WA conferences:

- Positive Schools Conference – 2017
- The Curtin Education Conference – 2018
- The Perth Mindfulness Conference – Committee Member and Presenter – 2018
- Zero2hero in Your Head Conference – 2017 and 2018
- School of Special Educational Needs, Behaviour and Engagement WA Conference – 2018
- Podiatry WA – 2019
- The West Australian Association of Teacher Assistants Conference – 2019
- Catholic Primary Principals Association Conference WA – 2021
- WA Mortgage Brokers Conference – 2021

Karen has contributed to articles printed in The West Australian and has been interviewed live on 6PR WA and ECU Radio.

In her spare time Karen enjoys cooking for her family and friends, practicing yoga outside in nature and getting lost in bushland with her macro camera taking photos of WA's wildflowers.

Connect with Karen Haddon

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