

MINDFUL REGENERATION

Communicate with confidence. Work with greater awareness.

10-WEEK FACE-TO-FACE COURSE • 1 FOCUSSED HOUR PER WEEK

Plus full access to our online campus on moodle with 25 hour of supporting resources.

For teachers, business people and professionals who may want to improve their English while developing practical skills for communication, wellbeing and authentic relationships.

Mindfulness for regeneration and personal growth

This interactive course combines English communication practice with mindfulness and social-emotional learning.

You will build confidence expressing ideas, listening to others, handling difficult situations and communicating with greater clarity and empathy.

IMPROVE YOUR COMMUNICATION SKILLS Practise speaking, listening and useful professional language in meaningful discussions and activities.	BUILD COMMUNICATION SKILLS Develop empathy, teamwork, conflict-resolution skills and stronger interpersonal awareness.
THINK & RESPOND EFFECTIVELY Explore problem-solving, creativity, critical thinking and ways to work constructively with difficulty.	CREATE HEALTHIER HABITS Use simple mindfulness practices to support focus, emotional awareness, wellbeing and performance.

Who is it for? Anyone, but specifically • Teachers and educators • Business professionals • Managers and team leaders • Professionals who use English at work • Adults who want more confident, purposeful English

PRACTICAL • INTERACTIVE • SMALL-GROUP FRIENDLY • IMMEDIATELY USEFUL

No previous mindfulness experience is needed.

YOUR 10-WEEK JOURNEY

One focused hour each week • Regenerative mindfulness practice you can use straight away.

WEEK 1 Mindful Communication Set goals, build confidence and explore mindful breathwork and the language of self-awareness.	WEEK 2 Finding balance to enhance wellbeing Practise present-moment awareness while describing routines, priorities, habits and the world around you.
WEEK 3 Develop your Emotional Intelligence Expand emotional awareness and practise expressing feelings, needs and perspectives with accuracy.	WEEK 4 Listening & Empathy Develop active listening, clarifying and responding skills for stronger professional and personal conversations.
WEEK 5 Self-esteem, performance and motivation Become conscious of your strengths and weaknesses and fulfil your purpose with confidence.	WEEK 6 Building Positive Relationships Practise calm, constructive language for disagreement, conflict and challenging situations.
WEEK 7 Problem-Solving and overcoming difficulty Work with real-life scenarios to develop compassion, gratitude, kindness, to find solutions.	WEEK 8 Creativity & Critical Thinking Go to your creative heart to discuss ideas, question assumptions, and express yourself more effectively.
WEEK 9 Finding beauty, harmony and joy By constructing a sense of perspective and being mindful of small things we journey toward happiness	WEEK 10 Goals, Growth & Performance Coaching, mentoring and our regenerative framework to turn an idea into an action plan.

By the end of the course, you will be able to:

- communicate more confidently and effectively; • use richer language for emotions, relationships, feedback and problem-solving; • listen with greater attention and respond with more empathy; • approach difficult situations with practical communication strategies; • apply mindfulness and social-emotional skills in your own context.

COURSE DETAILS

10 weeks • Face to face • 1 hour per session
Dates: Thursdays 17-18h from 15/10-17/12/26
Location: Impact Hub, Callejones del Perchel, Málaga
Prefer online then Mondays at 18h on zoom from 19/10/26
Price: 125€
Information / registration:
<https://forms.gle/wyyt8c2VZ25jFJSH9>

A practical course for wellbeing, better conversations and more conscious relationships.