

MINDFULNESS TRAINING

INTRODUCTION TO MINDFULNESS

Before undertaking mindfulness training drivers have an hour's introduction session where our qualified mindfulness coach takes them through the principles and practice. They learn that mindfulness is the act of increasing present-moment awareness of physiological, mental, and environmental events without imposing judgment on the quality or meaning of them. The practice helps drivers become aware of thoughts and emotions that may arise because of challenging situations and support them in how to handle them in the moment.

MINDFULNESS TRAINING

30 minute mindfulness training sessions allow drivers to learn the correct techniques under the supervision of our qualified mindfulness coach. Popular techniques include: Breathing - Using the breath to anchor the mind and maintain awareness; Body Scan - this technique involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist; Noting - this technique in which you "note" a thought or feeling when you become distracted during meditation, this helps to create space and learn more about our habits, tendencies, and conditioning; Visualisation - this technique uses visualization to hold one's attention.

PERFORMANCE, MINDFULNESS AND VISUALISATION CLINIC (DAILY)

To ensure that our drivers are constantly developing their knowledge and skills, developing mental resilience and improving their visual imagery skills we run Performance, Mindfulness and Visualisation Clinics every morning (20 minute sessions), Monday to Friday. . The sessions include, Performance Coaching (covering every aspect of performance development), Mindfulness Training (to build mental resilience), Visualisation & Imagery (to condition the brain), and Goal Setting (so that drivers train with purpose).

To find out more or to book a session please get in touch and we'll get back to you:

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