

Finding Mindfulness in Public Safety™

This 1-day, 7.5-hour experiential retreat developed for public safety personnel, introduces the practice of cultivating mindfulness so that we may be grounded and aware in the present moment. During this retreat we practice mindfulness while exploring the cultivation of self-compassion, identifying core values, learning to ground in real-time and strengthening personal integrity so that we may live wholeheartedly, improve resilience, and wellbeing.

This training introduces mindfulness in a purposeful way that will allow a learning environment to grow experientially. For many of us this is the first time to inhabit the present moment without judgement, being open, curious, and compassionate with ourselves and others. During our time we explore grounding in core values, then move to reinforce this deep dive into mindfulness with grounded awareness and ways to find grounding in the midst of chaos.

Students are introduced to frameworks for continuing meditation practices and leave with practical tools that can be beneficial to their wellbeing in difficult situations at work and home as well as in navigating life.

Due to the limited time constraints of a one-day retreat and to allow adequate attention to each attendee; class size is limited to 18. This course can be split into two 4-hour sessions to facilitate scheduling.

Optional:

In support of the Finding Mindfulness in Public Safety Retreat we offer follow-up mentoring sessions of 90 minutes to support a continuing mindfulness practice. In these sessions we can help solve specific challenges and introduce supportive topics to further practice. Follow-up sessions can be done in-person, individually or in a group setting, or via web conference with up to a max of 20 attendees at a time. These sessions can be offered on a recurring schedule to meet an individual or group's needs.

Register online at www.mapsti.com

For additional information call; Mindful Awareness in Public Safety Training Institute 1-858-621-1544
or email info@mapsti.com for more information.

Mindful Awareness in Public Safety Training Institute, LLC

PO Box 263 Del Mar, CA 92014

