Positive Mindfulness (ENG)

Understanding and Calming Your Mind

This experiential workshop focuses on positive mindfulness as a practical approach to understanding how the mind works and learning strategies to calm it. Participants will explore how thoughts, emotions, and attention interact, gaining greater awareness of their internal experiences and everyday mental patterns. Through guided practices, reflective exercises, and experiential activities, the workshop supports the development of emotional regulation, resilience, and a more balanced mental state. By cultivating mindful awareness and learning how to respond rather than react, participants can reduce stress and anxiety and foster greater clarity, stability, and well-being in daily life.

📌 **Practical information**

Format: online
Duration: 5 hours across 3 sessions
Link: The link to join will be emailed to registered participants on the day of each session.
Dates: 9 Novembre 17:00 - 18:30 / 16 Novembre 17:00 - 18:30 / 23 Novembre 17:00 – 19:00

Participation: free of charge, with limited places (The workshop will be activated upon reaching a minimum number of participants)

👉 Registration Link