

LIFE HAPPENS WORKSHOP

Do you sometimes find life overwhelming and struggle through the day?

Life happens to all of us and there are no magic wands that can put it all right or make us happy. What we do have is a choice about how we are going to be as we go through life.

In these workshops, experienced consultant clinical psychologist, Dr Cheryl Rezek will help you to develop a different way of managing life both when times are difficult and harsh, and in those moments when it feels easier and kinder. She provides a framework to help make sense of life and build the resilience and resources needed to manage whatever happens in your life – the difficult and the good.

They are based on sound psychological concepts and mindfulness work. She believes we can all benefit from this life-changing but gentle work in every area of our lives. There's no chanting or group hugs and skeptics are welcome. All that is required is a sense of curiosity and a desire to deal with life in a more manageable way.

Mindfulness work is approved by NICE Guidelines and its benefits are being found to assist with symptoms of medical and psychological issues (such as depression, anxiety, stress, fear, cancer, diabetes, arthritis, fibromyalgia, hypertension, sleep, anger, addictions, impulsivity, weight management, memory and concentration, relationships).

She is the author of *Life Happens: Waking up to yourself and your life in a mindful way* and *Brilliant Mindfulness: How the mindful approach can help you towards a better life* (Pearson) which has been endorsed by a Senior Health Policy Adviser at the Department of Health UK. She runs workshops internationally and is in independent practice as a clinician and consultant. The workshops are also CPD approved by the British Psychological Society and can be adapted to meet the needs of the public, the workplace or specific professionals. More information is available on www.lifehappens-mindfulness.com.