

WAKEFUL WORKSHOPS – Building resilience with mindfulness

TALK DESCRIPTION: This compelling keynote talk and guided meditation is an introduction to mindfulness, the neuroscience behind it & how to do it. Come find out how to build stronger resilience, health and better prepare for the challenges in your day. Kate shows you how to quiet the voice in your head and guides you through her unique process for embracing stress. You'll experience guided practices first hand and leave with three powerful practices you can apply to your work, school and life immediately. Kate's session will not only leave you inspired, you'll also get very practical techniques you can start to use immediately.

IN THIS SESSION YOU'LL LEARN:

How to stay focused at school independent of circumstances. How to deal with conflict and build stronger relationships. The one thing you can control in a busy classroom & during times of change. Experience guided practices firsthand.

DURATION: 60-90 minutes

THE WORKSHOP INCLUDES:

Kate's powerful keynote on what mindfulness really is, the science behind it & how to do it. Direct experience of practice, mountain meditation, simple standing stretches, sitting with awareness of breath, sound meditation. Practical exercises. Group enquiry and discussion. How to apply it immediately at work and in life. Includes a great handout with techniques taught and more resources!

ABOUT KATE KERR

Kate Kerr is President & Founder of Wake Up Kate Inc. Prior to founding her company, Kate spent eighteen years working internationally as a senior marketing executive for leading global companies including Mars, McDonald's, Kraft and Wal-Mart. In 2011 she embraced a new calling in mindfulness for business. Today, Kate is a Qualified Mindfulness Instructor who trains organizations and schools in mindfulness-based social and emotional skills. She's also a change maker, international speaker, runner and surthrivor (that's code for thriving cancer survivor). Kate is a professionally trained mindfulness expert. She received her formal qualifications at the University of Massachusetts Medical School in Boston. She's also studied interpersonal neurobiology and neuroscience and has had an active daily meditation practice embodying mindfulness as a way of life for the last 6 years.

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