

- Mindfulness Meditation. Specifically:
  - Guided Meditations (hourly mindfulness techniques and reflections)
  - Mindfulness Based Living Course (8 week teaching course) MBLC
  
- Life coaching in Positive Psychology. Specifically:
  - Positive Emotions (managing stressors and obstacles to wellbeing)
  - Engagement (goal directed behaviour and self regulation)
  - Relationships (support systems personal/professional and meaningful)
  - Meaning Making (clarity & purpose)
  - Accomplishment (building strengths and self-efficacy through goal achievements)