

# ALEJANDRA ARTETA

## About Time-Off Spaces

These are fun and interactive sessions to learn and experience the impact of different, simple mindfulness practices. They can last from 30 to 90 minutes, it is possible to run them for any number of participants, and can be adapted depending on the group and individual needs.

You will learn a variety of practices, some of them as short as 3 minutes, which are easy to set up by yourself (you don't need to be in a dark room with candles and special music). You can choose those that resonate best with you, integrate them as part of your self-care toolbox for life, and tap into them whenever you need them. No previous experience is required, you can adapt them to your style and needs, and with regular sessions you can create your own daily-weekly practices. There are real benefits from these creative forms of gathering and connecting virtually.

Find more about the different Time-Off Space sessions here:

<https://www.alejandraarteta.com/mindfulness>

## About Me

I am a Mindfulness & Leadership Coach and Facilitator who supports individuals and organisations to thrive as authentic and inspirational leaders. My work revolves around creating a more conscious leadership, and the direct impact that mindfulness practices and mental resilience have on our capacity to respond to challenges with a positive mindset; improving our performance, as well as our sense of wellness, and supporting us to create healthier relationships in all areas of life.

Find more about me, and my work here:

<https://www.alejandraarteta.com/>

