

MINDFULNESS MASTERCLASS




PRESENTED BY GRIMSEY WEALTH

Mindfulness for Mental Wellbeing

With the increased need to look after your mental health and wellbeing during this challenging time, we are offering a very informative and supportive virtual workshop.

We will explore various tools and techniques to help you manage stress, avoid burnout and to stay energised and motivated right now.

You will also learn positive mindset strategies and self-care habits to look after your mental health and wellbeing and feel more energised everyday.



Come along, have some fun and walk away with some very valuable tips

You'll learn to

- MANAGE STRESS, ANXIETY AND OVERWHELM
- STAYING ENGAGED AND PRODUCTIVE WHILE WORKING FROM HOME
- THRIVE IN CHANGING CONDITIONS
- HAVE MORE MENTAL CLARITY AND FOCUS
- REFRAME STRESS POSITIVELY
- CONNECTING AS A TEAM
- BONUS- FREE HOME SUPPORT PACKAGE

Proudly
presented by:



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ABOUT MELO CALARCO

As a certified performance coach and mindfulness facilitator, Melo has been sharing his passion and knowledge in the industry for well over 25 years. His work has been described as 'truly transformational.'



Companies Melo works with and testimonials

TRULY TRANSFORMATIONAL'

Melo delivered a six-week mindfulness course to our company and I am so glad we engaged his services. The team has described it as 'truly transformational'.

Rosie- Health & Safety Manager- Channel 7 Network

'BENEFICIAL AND RELEVANT'

'Melo is a great facilitator for mindfulness workshops and our team loved it. Our post session survey shows that 98% of attendees found his workshop rated excellent! His delivery style is very natural and makes learning meditation both fun and accessible to everyone. The team found it very beneficial and relevant.

Linda L – Westpac Group'

VERY EFFECTIVE AND IMPACTFUL

We engaged Melo to deliver a six-week Mindfulness course to most of our company at Bongiorno Group. The impact in terms of stress management and working mindfully as a team has been very effective and impactful. I benefitted so much personally that I decided to engage Melo for private coaching which has been a fantastic decision. In the cut and thrust of directing a large team it's inevitable to have high pressure and demanding situations, the skills that Melo has taught me/us continue to be an invaluable resource for my work and home life.

Michael Waycott, Director -Bongornio Financial Group



During this challenging time right now, it is important to look after your most valuable asset- you!