

# Mindful Relationships

Imagine yourself in a room full of people. Some of them like you, some of them hate you. Some accept you kindly, others criticize you harshly. Some tell you to take a break, others tell you to 'Go, go, go!' ... This may be like the world you live in; but above all, it may be the world which lives inside *you*.

Every one of us contains a great variety of voices: different responses and impulses pop up as 'stuff' goes on all around. We are constantly responding – constantly in relationship.

The way you respond to yourself is the blueprint for how you respond to others. Until you have a way to relate with wisdom and kindness to the different voices inside you, you will struggle to relate successfully to the people at home or at work, each of them with their own unique, independent voice.

If you are *also* surrounded by people who are stressed – by people who do not know how to manage their own lives or relationships – you may well feel exhausted and lose your peace of mind.

Mindfulness practice gives you new ways forward because it radically challenges and recreates your ideas of who you are. It is your understanding of *yourself* that forges the bedrock for a understanding people around you: the first step to increasingly productive and fulfilling relationships, even in the most difficult situations

*'Experience is a myriad richness.  
We think more than we can say.  
We feel more than we can think.  
We live more than we can feel.  
And there is much more still.'*

Eugene Gendlin (Founder of Focusing  
– a mindfulness meditation practiced  
in pairs)

## Course Aims

Best for people with some experience of mindfulness practice.

The more demanding and relentless your work may be, the greater is your need for successful relationships. This course challenges traditional methods of improving relationships by starting explicitly with you, and your own inner relationships. Once you can deal with any reaction or response inside you, you can deal with any behaviour you may meet 'out there'.

The course combines the deep experiential benefits of mindfulness with the radical and transformative methods of other mindful approaches to communication and emotional awareness.

## For further details, contact

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*'I highly recommend [your trainer]. She manages an excellent balance between responding to my experiences of the moment and moving me forward in the acquisition of new skills to deal with complex organisational and interpersonal challenges.'*

### Approach and Methods

The day includes many mini-meditations and mindfulness exercises which build up participant's experience and understanding cumulatively. We learn how to practice mindfulness in pairs – a method which brings insights, subtlety and depth. Other interactive exercises, discussions and personal reflection keep the discoveries alive and natural. Participants explore issues that are current for them in a supportive environment – a process that can be both challenging and illuminating.

### Learning Outcomes

- Staying grounded at hectic times
- Keeping connection with yourself – even when you lose connection with others
- Reflecting back with subtlety and empathy
- Being real and authentic under fire
- Handling vulnerability in yourself and others
- Resourcing yourself under stress
- Knowing when to move in closer, or back further way
- Finding emotionally safety

*It made all the difference having such a dynamic, supportive, enthusiastic, but very down-to-earth trainer with a natural ability and skill. Great!*  
**Senior House Officer**

*'An enjoyable, thought-provoking and insightful workshop that will lead to enhanced working relationships.'*

### Central Models

Dr Elizabeth English specializes in the emotional and relational aspects of mindfulness. Drawing on nearly 35 years of her own mindfulness practice, she now teaches mindfulness at Cambridge University. She uniquely combines mindfulness with Focusing and Nonviolent Communication™ (NVC). Internationally certified in all three approaches, she offers a broad range of powerful methods for developing emotional awareness and empathy.

Focusing and Nonviolent Communication™ (NVC) are rooted in the humanistic psychology of Carl Rogers (1902–1987). Focusing ([www.focusing.org](http://www.focusing.org)) was developed in the 1960s and 70s by Eugene T. Gendlin Ph.D, still a leading figure in philosophy, psychology and psychotherapy. NVC ([www.cnvc.org](http://www.cnvc.org)) has developed world-wide since the 1970s through the work of Marshall B. Rosenberg, Ph.D. Its approach is perfectly-suited to negotiation with others and to resolving inner conflicts. Supporting and sustaining the insights of these two processes is the practice of mindfulness – now clinically proven to assist in reducing stress and improve well being ([www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)).

**Life**  
**AT WORK**

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