



Stephen Cottee recently conducted a Mindfulness session at Lifeline Northern Beaches for Telephone Crisis Supporters and Face to Face Counsellors as part of our ongoing training program.

The session was very well received by the group of approx. 40 counsellors, they said it was informative, well tailored to Lifeline's needs and beneficial to them personally.

They particularly liked the exercises which made the session experiential and therefore meant they would be able to integrate Mindfulness practice into their own lives and be better able to teach it to clients.

Stephen is a very engaging presenter and had the group totally immersed.

We all enjoyed it and benefited from the session and have asked Stephen to present it again later in the year

Jo Paterson
Training Manager
25.3.13

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