



Mindfulness – Looking After Me

Mr Frank Liddy

Mindfulness Practitioner

AWARE

*NIPEC Annual Conference
Fit for Living, Fit for Practice*

Mindfulness

- What is Mindfulness

VU

JA

DE

Mindfulness

- Can it help me?

Mindfulness

- How do I integrate it into my daily life

Mindfulness

- The importance of self care and self compassion

Mindfulness Practice

- A Mindful Way of Life

How to contact me

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OVERCOMING DEPRESSION.
CHANGING LIVES.


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