



## Coping with change Eight Week Change Survival Programme

*Change* is an essential part of life. Instead of making it our enemy, we need to learn to make it our friend and collaborator.

*Eight week Change Survival Programme* is designed to help you shift from unhelpful states of mind often induced by change (such as: fear, worry, anxiety and obsessive thinking and planning) and into the more stable and productive ground of inner peace and clarity, confidence and possibility.

This course will provide you with attitudes, skills and tools to manage the process of change.

### *Anticipated results:*

By the end of six weeks you can expect to notice:

- Reduced stress and anxiety
- Increase in mental concentration, clarity and awareness
- Increase in productivity and effectiveness
- Increased emotional stability
- Improved sense of wellbeing
- Increased confidence
- Increased sense of inner peace and contentment

Recent research suggests that follow-up and repetition are crucial in correcting undesired behaviour and making real changes. One-off workshops may be good source of new information but do not have the power to effect lasting change. That is why we offer regular training over eight week period.



## Tools:

**Meditation** encompasses a variety of techniques which all help quieten the busy mind by keeping the attention focused in the present moment thus making the mind clear, peaceful and focused.

**Mindfulness** is at the very core of our engagement with life, it is the capacity to be aware of what is going on. The practice of mindfulness helps us to stop running and to realize that happiness and wellbeing are available to us in the very moments of our lives that we find impossible, exhausting or overwhelming.

**Insight coaching and dialog.** This is a unique thought provoking, creative and intuitive process that generates powerful insights and helps you become aware of attitudes and responses which influence your ability to deal with change. Insight coaching and dialog will give you tools and distinctions to embrace and manage change process with added focus and insight.

## Free introduction

“What is meditation and mindfulness and what it has to do with coping with change.”

Offering you the opportunity to meet with the facilitator, understand the basic principles and ask the questions.

## Course structure:

1 ½ hour initial session – covers:

- basic information about course
- explanation of the process and techniques used
- guided relaxation and meditation session and
- questions and answers.



Seven 1 hour sessions - each includes:

- topic of the week,
- guided relaxation and meditation
- check in / feedback session at the end

## Topics covered:

**Week one** - Understanding change;  
Impermanence and unpredictability are integral part of life

**Week two** – Spotting the monsters: fear, worry, doubt, obsessive thinking and planning and learning how to tame them;  
Introducing practice of mindfulness and meditation as a tool to achieve this.

**Week three** – Coming back to our senses;  
Learning to access present moment awareness; understanding stress and learning to use mindfulness to combat it;  
learning to focus and concentrate on sense awareness.

**Week four** – Above and below line attitudes;  
Skills and attitudes that foster our ability to open to our deepest potential: circle of influence; mindfulness and alertness; confidence in our inner resources;

**Week five** – The practice of letting go;  
The power of choice– dealing with reactivity, fear and doubt; Finding peace and stillness and learning to own it

**Week six** – Nurturing positive states of mind;  
Gratitude as a powerful antidote to fear and uncertainty; confidence in our inner resources; the true meaning of courage, faith and resilience



### Week seven – Wellbeing;

Wellbeing is not some fancy state where everything comes together perfectly. Rather, it is a deep knowing that we are able to live our lives as they are and find peace within that knowing. Then our vital energies shift from fighting and debating and complaining to making the most of what we've got.

### Week eight – Clear Awareness;

What is awareness; Mind and its objects; Conditions of the mind; Establishing ourselves in clear perception and awareness as a sound and reliable point of reference; this gives us powerful way of grounding the mind in times of added stress and challenge.

### About the facilitator:

Maya Nova is the founder of Mindbalance, the provider of mindfulness and meditation training for improved productivity, resilience and wellbeing.

Areas of work: teaching, training, facilitation, culture coaching, insight coaching, community initiatives

Some of my clients include: Auckland City Council, Health Alliance, Sustainable Business Network, and a number of small-medium businesses, individuals and community groups.

Maya also facilitates the Awakening the Dreamer, Changing the Dream Symposiums designed to shift our awareness towards an environmentally sustainable, socially just and spiritually fulfilling future.

For more info please feel free to check these links:

[www.mindbalance.co.nz](http://www.mindbalance.co.nz)

[www.awakeningthedreamer.org](http://www.awakeningthedreamer.org)

<http://mayanova.wordpress.com/>