



Leeds Mindfulness Cooperative CIC

Who are we?

Members of Leeds Mindfulness Co-operative have been teaching Breathworks mindfulness courses across Leeds and surrounding areas since 2007.

We became a not for profit Community Interest Company in 2017. Members also bring together experiences across teaching, research, coaching and social work.

All our teachers are fully qualified and accredited with [Breathworks](#) and/or the [British Association of Mindfulness Based Approaches](#) (BAMBA).

A strength of our work is having access to a depth of mindfulness experience, along with an understanding of what it is like to live with a long-term health condition.

We have a person-centred non-medical approach that empowers people to regain control of their lives.

We actively seek opportunities to teach mindfulness where personal funding may be a barrier to access.

What are the needs?

- Generally, work is a health-promoting activity (NICE PH 22), but can also be a significant source of stress.
- Employees in public services in particular have some of the higher rates of self-reported stress, anxiety and depression (NICE PH 22).
- About 2 in 3 of us experience mental ill health in our lifetime.
- There are significant mental health inequalities, with 3 in 4 people at lowest income levels reporting a mental health problem, compared to 1 in 6 at highest levels (Mindfulness Initiative, 2019).
- Over the last decade the number of working days lost to 'stress, depression and anxiety' has increased by 24% and the number lost to serious mental illness has doubled.
- 60% of long-term work absence is caused by mental ill health (Mindfulness Initiative, 2019).

How can mindfulness help?

Mindfulness is a capacity which everyone holds to differing degrees and which can be developed through practice and training.

Our courses develop our ability to Observe, Describe, Act with Awareness and Be Present with experience without judgement, building kindness and compassion to self and others.

Mindfulness training can form an important part of wider workforce plans which support individual wellbeing, reduce absence and build resilience in both professional and personal life.

Mindfulness techniques can be learned through books, apps or in short sessions, but structured courses by trained and accredited teachers are regarded as the gold standard.

Breathworks is a globally recognised leader in teaching mindfulness and compassion to individuals and organisations worldwide.





Our offer:

Tasters and workshops

Taster sessions explain what mindfulness is and how it can help manage stress in daily life and enhance resilience. We provide an overview of the evidence behind mindfulness and introduce a couple of key practices. These sessions often act as a bridge into one of the structured 8-week courses. Sessions can be between an hour and up to half a day for up to 30 people.

8-week Breathworks mindfulness courses

We tailor these to either stress in daily life or living with pain and illness based on the Breathworks approach. Our 8-week courses are for groups of up to 15 people and consists of 8 x 2.5-hour sessions. We can deliver the same content in fewer longer sessions, for example over four 5-hour sessions.

Bespoke mindfulness at work courses

In the organisation mindfulness can positively impact on leadership, innovation, culture, resilience, and levels of engagement.

We agree a bespoke approach to your needs and give a thorough grounding in mindfulness and its benefits in the workplace. We cover mindfulness ideas, practices and inquiry which builds week after week. We provide a practical focus, supporting participants to build their resilience in the workplace and beyond.

Guidance and support to build a business case

We can assist you in the development of mindfulness-based business cases, strategies, and workforce programmes to become a mindful employer. We can help you explore how mindfulness-based support can form part of your Health and Wellbeing offer.

One-to-one

This could form part of your Health and Wellbeing offer in a similar way in which counselling and/or CBT may be offered through Employee Health and Wellbeing.

This is an opportunity for an individual to learn mindfulness for stress relief, anxiety, chronic pain, ill-health, or for improved focus at work. We broadly cover the structure and content of the evidence-based 8-week course. We have an initial discussion and tailor sessions according to the person's specific needs. A session lasts one hour and at least 8 weekly sessions are provided.

8 week courses include:

- A balance of teaching, discussion and guided meditation.
- Practical exercises for developing mindfulness, awareness, concentration, and self-compassion.
- Using the breath/body and present moment sensations to step out of worry and rumination.
- Ways to develop more resilience and the ability to respond to difficult situations.
- Learning how to break the 'boom and bust' cycle and to notice everyday pleasant experiences.
- Workbook and guided meditations to use at home
- Support and personalised advice from an experienced teacher

Findings from the Breathworks national evaluation:

- **32% reduction in stress levels, sustained at 3-month follow-up**
- **70% improvement in quality of life, sustained at 3-month follow-up**
- **50% reduction in sick days**

Lets talk! info@mindfulnesscoop.co.uk