



Mindfulness Training & Coaching

Simon McKibbin

Professional Mindfulness Teacher for Corporations, Education, Charities & the Public

Mobile 07974817393 Email info@mindfulnesswithcompassion.com Web [Living Presence](#)

Mindfulness is my vocation and it informs the very fabric of my life. I am passionate about sharing this life transforming vision and I believe anyone can learn it for a deeply transforming experience. I am informed by thirty four years of personal mindfulness practice and have been inspired by its effects to share this vision continuously to the public, education and in the corporate world for over two decades.

Mindfulness programs @

CAMBRIDGE GATES SCHOLARSHIP TRUST. CAMBRIDGE COMPUTER LABORATORY.
CAMBRIDGE UNIVERSITY COUNSELLING SERVICE. NHS. AMAZON. CORPUS CHRISTI
COLLEGE. CAMBRIDGE UNIVERSITY PRESS. DEPT VETERINARY MEDICINE CU.
PROWLER.IO. JOHN LEWIS. DARWIN COLLEGE. DOWNING COLLEGE. GIRTON COLLEGE.
ST EDMUND'S COLLEGE. CAMBRIDGE UNIVERSITY MINDFULNESS SOCIETY.
GLAXOSMITHKLYNE. ST CATHERINE'S COLLEGE. CATS CAMBRIDGE. HOMERTON COLLEGE.
SELWYN COLLEGE. GRASP. CAMBRIDGE UNIVERSITY CAREERS SERVICE. INSTITUTE of
CRIMINOLOGY CU. CAMBRIDGE GREEN CHALLENGE. CAMBRIDGE INNER GAME LEADERSHIP.
BELL SCHOOL CAMBRIDGE. HILLS ROAD SIXTH FORM COLLEGE CAMBRIDGE. QUALCOMM.
SCHLUMBERGER. KETTLE'S YARD. FRONTIER SMART TECHNOLOGIES. MURRAY EDWARDS.
LUCY CAVENDISH. RSPB. CAMBRIDGE UNIVERSITY PRESS



'One of the most valuable and life changing experiences of my life'

St Edmund's College University Cambridge Student

What Dr Elizabeth English says

'Simon's expert mindfulness teaching continues to give great support to the Cambridge University Mindfulness program, for which he is an associate teacher. Initially during our research period, his ideas and many years of experience contributed to the content of the unique mindfulness courses delivered at the University. These were successfully researched over a number of years, with the results published in the Lancet PH

<http://bit.ly/MindfulnessReseachCambridgeUniLancet>.

He continues to run many classes for the Cambridge University. In particular, Simon is a mainstay for the student-led Mindfulness Society, for which he is a highly popular and well loved regular teacher.'

Dr Elizabeth English

Cambridge University Mindfulness Program, University of Cambridge Counselling Service

What Tracy says

'This fabulous mindfulness approach gave me the mechanisms to focus on the present moment, remain calm and able to focus.

Highly recommend it.'

Tracey Yarrow NHS Cambridge

Accreditations

- **University of Cambridge Mindfulness Associate**
- **Mindfulness teacher and coach for University of Cambridge**
- **Breathworks MBPR (Advanced Mindfulness Teaching for Adults)**
- **DOT B Mindfulness Teacher (MiSP Mindfulness in Schools Project)**
- **Mindful Communication Trainer aka Nonviolent Communication (NVC)**
- **Focusing Teacher (British Focusing Association)**

What Caryn says



Caryn Yeow shares her experience of Mindfulness at Cambridge University

Mindfulness Overview aims

Wellbeing: personal development for fulfilment, creativity and relationship.

Resilience: for meeting work pressures, exams, revision schedules, reducing anxiety amidst the pressures of the college / work environment.

Attention and Focus: cultivating & valuing quality of attention & the ability to protect it (from distraction etc) whilst engaging in study / work.

Mindful connection: focusing on feelings and underlying needs for conflict resolution and ongoing harmony.

Community building: engendering a more sensitive, compassionate and human environment for staff and students.

Leadership and Teams / Staff : empowerment, confidence and the ability to connect to self and other

Values of Mindfulness; intelligent kindness, vision and purpose, learning mindset, respect, flexibility, clarity, focus, fairness, contribution, connection and integrity.

Mindfulness Session Practices

- Mindfulness Meditations for a grounded and vital quality of Presence
- Mindful Focus in tasks
- Body Scan for Relaxation, Comfort and Ease
- Mindful Self-Compassion for Stress
- Intelligent Kindness Meditation
- Grounded Aware Presence (GAP)
- Mindful Connection for Community and Teams
- Presence for 'Inner' community & 'Outer' Community

How are the Mindfulness sessions run?

In Situ: These sessions include interaction, discussion, personal reflection, and small-group activities in a supportive, friendly, safe and playful environment where your development and learning needs are primary.

Online Zoom: Courses and one to one's can be effectively run online or can be used to backup face to face courses.

What will you get out of it?

By the end of the course or sessions you will have tools and approaches to continue developing your mindfulness practice and to meet your needs for a more resourceful and creative engagement at work, giving you the creative edge to perform and be at your best.

Free recorded live meditations from the session plus access to meditation bank

Finally, as a means of continued support between sessions, you will be offered recordings of the guided mindfulness meditations and relaxations recorded live in the actual sessions and then posted on Soundcloud.

Group size

3 - 15 participants. As the approach to learning is through understanding through reflection and direct experience, a smaller group enhances trust and increase the speed at which new skills become effective at work.

Room Layout

One flipchart / Powerpoint facility with chairs configured into a horseshoe shape.

Fees: for groups between 3 and 15 participants

Corporate / business

Mindfulness sessions for professionals*

£250 per hour / prorate for part hours.

Min availability 1 hour.

Mindfulness for Professionals Course of 8

x 1 ½ hour (standard) sessions: Total cost
£3000

For a session of 15 participants this would work out to be approx. £200 a head for the course (£25 per session)

Mindfulness 1 to 1 on Zoom Executive wellbeing support: £125 per hour

Education & Public

Mindfulness sessions for groups*

£125 per hour / prorate for part hours.

Min availability 1 hour.

Mindfulness for Students Course of 8 x 1

½ hour (standard) sessions: Total cost
£1500

For a session of 15 participants this would work out to be approx. £100 a head for the course (£12.50 per session)

Mindfulness 1 to 1 on Zoom wellbeing support: £75 per hour

Charity

Mindfulness sessions for groups*

£95 per hour / prorate for part hours. Min availability 1 hour.

Mindfulness for Charities Course of 8 x 1

½ hour (standard) sessions: Total cost
£1140

For a session of 15 participants this would work out to be approx. £76 a head for the course (£9.50 per session)

Mindfulness 1 to 1 on Zoom Wellbeing support: £55 per hour

*This includes training delivery, local travel, preparation time, processing and use of free live recordings of the guided meditations and reflections and notes in digital form.

Budgeting @ University of Cambridge Mental Health etc (Not private Colleges in Cambridge)

I am open to discussion on working with your budgets if you are genuinely stretched and given the invitation to support me on a realistic wage as above.

Mental Health days etc (often facilitated by the student Welfare Officer) I realise may run on a limited budget. In these cases I would very much like to meet your needs for support and am open to flexibility on finances, we just need to chat.

What is Mindfulness

Mindfulness capitalises on the quality of self-awareness that is inherent in each individual.

By developing this awareness through Mindfulness practice, one develops the presence of mind that increasingly leads to;

- *Grounded and balanced quality of wellbeing*
- *focus*
- *purpose*
- *connectedness*
- *creativity*
- *mental and emotional space*
- *harmonious community*
- *numerous health benefits*
- *effective and productive work engagement*
- *high performing teams and leaders*

Get a taste of my Mindfulness approach & enjoy these free recent meditations recorded live (and many others)



Spacious Ease Meditation

Meditation to de-stress
and unwind from work



Resting Deeply Meditation

Meet anxiety and with
tranquility and peace



Grounded Mountain Meditation

Become more whole,
balanced and resilient



More on Simon

I have a deep appreciation for the context from which mindfulness has evolved from, having been a practicing Buddhist for over 34 years. I am able to convey the spirit of mindfulness (in a colloquial secular way) beyond mere technique through my approaches which are grounded in my own heartfelt transformation. A light, playful and spontaneous approach is a hallmark of my delivery aimed at meeting your personal needs in the moment.

I have a long history in my own professional development uniting mindfulness in the workplace and education, having completed 8 years in a Buddhist right livelihood business where mindfulness was the core paradigm in our business dealings. The company earned itself awards 6 years running in UK's 'Independent top 100 businesses'.

Subsequently I have been heavily involved in Mindfulness teaching at Cambridge University with 3 years as locum teacher for University counselling service, also involved there in the CU Mindfulness research project. I continue to be active in the University teaching privately to many of the colleges.

I offer Mindfulness in an approachable, sensitive and playful way focusing on keeping participants safe for a meaningful learning and community experience.

What Joel says

'What I noticed with Simon is that he embodies what he teaches. I found this invaluable in learning from him.'

He is also profoundly pragmatic. He lead us through complex and subtle topics in a straightforward, down to earth, and sensitive way that was relevant to where we were individually.

Since the course, we have continued to use the techniques and tools he provided us with.'

Joel Berkeley

Machine Learning Verification Engineer
Prowler.io (Artificial Intelligence company)
Cambridge



What Katherine says

'The course had a surprisingly pleasant effect on my life at work and at home - my mind and body were awakened to a whole new experience.'

Katherine Habib

NHS Property Services
Cambridge

