



MINDFULNESS

Its Main Uses

Mindfulness practices are useful to:

- Break free from automatic responses
- Shift from doing to being present
- Enhance awareness
- Enhance relationships, with self and others
- Reduce stress and anxiety
- Improve focus and concentration
- Boost productivity

AND MORE...

Uplift your life today! Do not hesitate to book a 20-minute free consultation call with Rima by going to this link:
<https://www.upbyrimahilal.com/contact-me>

About Me:

I am Rima Hilal, a certified Personal Resilience HeartMath mentor, MBCC mentor, life & executive coach and I hold a degree in Mental Health and Wellbeing from the University of Melbourne. I am dedicated to empowering individuals to boost their wellbeing and strengthen their personal resilience