

Meditation Coaching Program

(for groups and individuals)

Beating Stress, Anxiety, Depression & Overwhelm



"And the day came when the risk to remain tight in a bud
became greater than the risk it took to blossom" - Anis Anais



"You can't control the wind but you can adjust your sail."

" ~ Cora L.V. Scott ~

Jeannette's Daily Presence Meditation Coaching Programs offer tools, techniques and practices for helping you understand, manage and overcome the stresses of daily life, as well as the debilitating and overwhelming impacts of anxiety and depression, illness, injuries, and other generally distressing life circumstances.

They support you to:

- Stop dwelling in the past or fearing the future
- Develop presence and deepen connection with your self
- Build resilience, confidence & trust in yourself, others and life
- Still your body, focus your mind & restore mental clarity
- Arrest incessant negative thoughts, worries & reactions
- Improve sleep and your ability to make clear decisions
- Surrender to the innate intelligence of the body
- Manage emotional and physical challenges
- Reclaim your personal power, motivation and purpose
- Feel relaxed, inspired and happy to be YOU

Healing from the Inside Out

What to Expect:

The Daily Presence Meditation Coaching Programs are presented online via ZOOM.

They run for 8 weeks and include:

1 x 90 min Introductory Session

7 x 60 min Sessions

4 x evening meditation sessions per week (for 7 weeks)

During the Coaching Program you will be given access to:

- The Daily Presence Meditation link to use at home
- The Body Awareness Meditation link to use at home
- Gentle Exercises for Connection link to use at home
- The 'AHA Moments Journal' for recording your realisations, challenges, breakthroughs, noticeable changes in behaviour etc
- Invitation to the Daily Presence Meditation private online group to share your experiences with others in the course
- Homework - because Meditation is a practice, not a cure and the key to change is consistency!
- 4 evening meditation sessions per week (20 mins each) to help keep you on track with your practice (total of 28 over 8 weeks)

You will need:

- A quiet, comfortable place to sit / lie where you will not be disturbed
- A pillow support for your back, or to put under your head and knees if you are lying
- A blanket if necessary (you want to be warm)
- The internet and the ZOOM App
- Willingness to be relaxed, calm, still, centred, focused, honest and to change

Each session will include:

- An introductory presentation
- A meditation / Body Awareness or Gentle Movements practice
- Q&A / discussion
- Homework

Private Meditation sessions are also available. They run for 50 minutes each and it is recommended to commit to a program to help establish your practice.

Course Outline:

Week 1 (90 mins)

This session is about understanding the physical, emotional and mental symptoms, and the neuroscience of stress, anxiety, depression and overwhelm vs. being connected.

We will introduce, and practice, the Daily Presence Meditation (DPM) as a tool for managing and beating Stress, Anxiety, Depression and Overwhelm.

Q&A - there will be time for sharing your experience and asking questions.

Homework: You will receive a link to the DPM to practice daily for the week – (am and pm recommended)

Week 2: (60 mins)

This session will deliver more tools and techniques for arresting unwanted feelings, behaviours and reactions.

We will deepen the practice of the Daily Presence Meditation

Q&A - there will be time for sharing your experience and asking questions.

Homework: Practice the DPM – (am and pm recommended)

Week 3: (60 mins)

This session introduces tools and techniques for developing 'body awareness' to help manage stress, anxiety, depression and overwhelm – to restore clarity, calm and a relaxed connected state of being and to connect to the innate healing powers of the body.

We will practice the Body Awareness Meditation (BAM)

Q&A - there will be time for sharing your experience and asking questions.

Homework: You will receive a link to the BAM to practice daily for the week – (am and pm recommended)

Week 4: (60 mins)

This session will explore bringing the clarity, focus, presence and relaxation you experience in your meditations into your daily activities

Q&A - there will be time for sharing your experience and asking questions

Homework: Practice daily meditations and bringing presence to your movements

Weeks 5 - 8: (60 mins / session)

These weeks will be used to continue developing presence busting your old patterns, building new neurological pathways (patterns), consolidating your commitment to positive changes plus claiming your new ways of being, thinking and relating as your new 'norm'

We will practice a meditation, and other tools, each session

Q&A - there will be time for sharing your experiences and asking questions to conclude your program

*** Bonus: 4 evenings per week you will be offered 20 minutes meditations to help establish your practice (28 sessions)**

Journaling

You will be gifted the 'AHA MOMENTS' JOURNAL to record your experiences in. Journaling is encouraged to help you give honest and thorough voice to your thoughts, feelings, insights and inspirations throughout the program. It makes your experiences real and your journal a silent witness to your challenges, your growth and your journey. Journaling celebrates and helps you keep track of your progress.



"Silence is sometimes the best answer." ~The Dalai Lama ~

Meet Jeannette Singer



To me life is about being inspired, living my purpose, embracing change, personal growth and love. I am passionate about inspiring people to overcome their challenges – to reconnect to who they are, their joy and their own purposeful path. But as I know all too well – sometimes life throws us a curve ball and we lose interest, enthusiasm, motivation and our sense of self to a world of pain and anxiety. We struggle to find a way forward, feeling stuck, sad, beaten.

I've lived a big, fabulous, adventurous, successful life but I've also done many a hard yard. I've had more than my fair share of life-changing trials: debilitating accidents, near death illnesses, depression and anxiety, not to mention abusive and demeaning relationships - and I know that I am not the only one!

One of my strongest inspirations is to view the harder things life throws us as a reflection of the changes we need to make within our Self. That in order to move forward and grow we must adjust our life style, behaviours and choices. From my lived experience I know with absolute conviction that **'Healing our Hurts is Possible, that Change Is Too'** and **'the Way we Live is the Best Medicine'**.

I have found certain Meditations, Body Awareness and Gentle Exercises programs to be absolutely fundamental to my healing processes - to my change processes, to raising awareness and personal development - to letting go of the past and fears of the future, to falling in love with myself and life.

Through these practices **'COOL, CALM & CONNECTED'** became my new **'norm'** - life grand yet more simple - and that is why I love to share the Daily Presence Meditation with you.

Why I Meditate

The most exquisite feeling is total stillness in my body and mind,
when the anxiousness spinning within stops.

Incessant negative thoughts and behaviours cease,
my mind and body become one, and
I can breathe my own breath with rhythmic ease.
When I feel a deep sense of settlement.

When I become the observer and no matter what happens,
I am not looking back, I am not looking forward – I am present in the moment.

Things just are what they are, I am where I am, and I accept it.
I am not lost in reactions, fears, worries or unrealistic expectations.

I know what is needed. I freely express,
I can focus.

When I feel connected, with my mind and body in the same place at the same time.
When I can connect to truth, to purpose.
I am confident, inspired, resilient.
I trust myself, I trust others, and life.

When I can listen to and heed the messages from my body and I surrender to
it's innate wisdom and healing powers.

When I live in connection, stillness, harmony and flow I feel taller, lighter, healthier,
present, powerful, and totally fit for life.

Grand it is to be open to new perspectives and embrace new behaviours
to feel ready, willing and able for whatever comes next.

This is why I meditate!

Hundreds of my clients have tasted the same life-changing benefits of
my meditations as I have, and have asked for more.

This is why I now offer the Daily Presence Meditation Programs

MAKE CALM, COOL & CONNECTED YOUR NEW NORM

**Register NOW for the next
Daily Presence Meditation Program
Nov 1 – Dec 20**

Cost: \$240 / person (Partners + \$100)

Register here:

<https://www.jeannettesinger.com/daily-presence-registration>



NOVEMBER – DECEMBER 2020 SCHEDULE

Sunday November 1 st	10:00 – 11:30am
Sunday November 8, 15, 22, 29	10:00 – 11:00am
Sunday December 6, 13, 20	10:00 – 11:00am

Evening Practice Sessions

Mondays, Tuesdays, Wednesdays and Thursdays 7:30 - 8:00pm - November 2nd - Dec 17th

For more information contact Jeannette:

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t: 0404 951 396

w: www.jeannettesinger.com/meditation



"Take the first step in faith - you don't have to see the whole staircase."

~ Martin Luther King ~

What People Say About Jeannette

"Every session brought tools to the table, highlighted something to take home and work on. Jeannette's meditations are like nutrients for the Soul."

"I believe Jeannette came into my life to assist me to connect with myself. Jeannette taught me to let go of things that were holding me back in achieving greater things. She taught me how to calm my body, mind and soul. She taught me how to appreciate, to love myself, to heal myself. I could go on. Thank you Jeannette. I know you always said I did it on my own, I say I had a great teacher. Love your work. Sending you all love and light. I'm still on track and am now passing my gift on to others. I've had many occasions to make someone else happy and my heart is joyful."

"Jeanette was really positive, encouraging and thought provoking. She really helped me to be comfortable with my grief but see beyond my stressful situation in the past and look to the future. We had great connection and it was very easy to talk to her and her meditations helped me relax for the first time in years!"

"I looked forward to our calls each week as I felt Jeannette really understood my situation and how to deal with situations for the better. I feel that my coach was one of the best people I have worked with in my history of Depression and Anxiety. And I have worked with quite a few. Thank you so much for your support and guidance in helping me to create tools to assist in my permanent recovery out of that horrible black hole. I sincerely appreciate it."

"Jeannette was such a professional teacher. She built a rapport with us, she listened to us, she worked with us all but at times I felt like I was the only one in the group and all her words were directed at me. Thank you for your understanding. I am still on track. The main thing is when I fall, I now know how to re-connect to my calm place, get up again and continue. Thank you so much!"

You are only one decision, one breath away from
a completely different life