

TRUE CALLING*

Mindfulness



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A GUIDED JOURNEY INTO MINDFULNESS

Mindfulness

Through mindfulness, you consciously direct your attention to what is unfolding in the present moment.

Without planning for the future. Without dwelling on the past.

Simply being present with what is — and noticing how you respond to it.

For some, this brings relaxation. For others, it can be a confrontation with a busy mind.

Mindfulness does not help you become someone else. It helps you build a deeper relationship with yourself.

In a safe and professional setting, we guide you in slowing down, softening, and opening. Not to force anything. Not to “fix” you.

But to create space.

Who is it for?

Mindfulness can be helpful for:

01 Stress and tension-related complaints

02 Recovery from burnout

03 Working with difficult emotions (such as anger or fear)

04 Kindness toward yourself and others

05 Open communication within teams

In essence, it is suitable for anyone willing to pause.

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What does a mindfulness session look like?

We begin with a check-in

We take time to listen to what is present within the group. What needs are there? What is asking for attention?

We explore the fundamental principles:

What is mindfulness? What is meditation?

How do you bring attention to the here and now?

Teaching on mindfulness

You are guided step by step in learning how to cultivate mindfulness in your daily life and experience it within your body.

We explore how it can be applied across different themes and gradually become a way of being — not just a practice, but an embodied presence.

Meditation & reflection

Meditation is the most direct way to experience mindfulness. We practice bringing attention to the breath, the body, and the movement of thoughts. We learn to notice what arises — without judgment. Afterwards, we reflect together on what you have experienced.

What can you experience?

Physical: calmness, fatigue, tingling sensations, or changes in temperature.

Mental: increased clarity — or restlessness becoming visible.

Emotional: sadness, vulnerability, anger — or deep peace.

Sometimes nothing pronounced at all. Everything is welcome.

Safety is essential. You always determine your own boundaries.



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About Tim

Drawing from his personal experience with mindfulness, Tim trained with Jack Kornfield and Tara Brach, two prominent American teachers. After completing his training, he began facilitating a local mindfulness group.

He creates a safe and supportive container in which people can explore their inner process in a calm and respectful way.

Mindfulness can be offered both in group settings and individually, and is also well suited for organizations that wish to cultivate greater psychological safety and open communication within their teams.

Curious?

Are you interested in learning more? Do you have any questions?

Feel free to contact us to make an appointment or receive more information.

Send an email

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