

## mind-ful-ness

1. noun: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

### HOW MINDFULNESS CAN HELP

*Mindfulness is an approach to mental health and well-being that involves using the senses to pay attention to what is happening in the present moment without judgement.*

It is a practice that carries over into daily living, reducing stress, increasing awareness, and enhancing decision-making. Research and news supporting the positive effects of mindfulness on mental and physical health has spread and is becoming increasingly popular. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction (MBSR), was the pioneer for science-based mindfulness programs at the University of Massachusetts Medical School, where he founded the Center for Mindfulness in Medicine, Health Care, and Society in 1995 in order to help people overcome psychological challenges and become centered, increase well-being, and better deal with life's inevitable difficulties.

A popular definition of **Positive Psychology Coaching:**

### Positive Psychology Coaching (PPC)

is a scientifically-rooted approach to helping clients increase well-being, enhance and apply strengths, improve performance, and achieve valued goals. Coaching is a one-on-one engaged conversation in which I assist my clients in thinking about their current situations in order to gain clarity, focus, and direction in creating the life they truly wish to live.

Coaching is for people who wish to get what they really want in life, reach their full potential, fulfill their life purpose, and do great things in the world.

## MEET THE TEACHER, JOANNA.

My mission is to teach self-awareness, self-expression and self-esteem, how to deal with difficult emotions, and reach goals, bolster self-confidence, and extend kindness to others through mindfulness education and practices.

I believe such education is essential in setting a platform for success and happiness in life.

**What we choose to instill in ourselves and our children will not only set the stage for an amazingly positive life story; It will in turn, shape the lives of our future generations and the world in which we live.**



### JoAnna is

An Educator for Grades 1-8

A Mindfulness Coach

A Positive Psychology Coach

### CONTACT

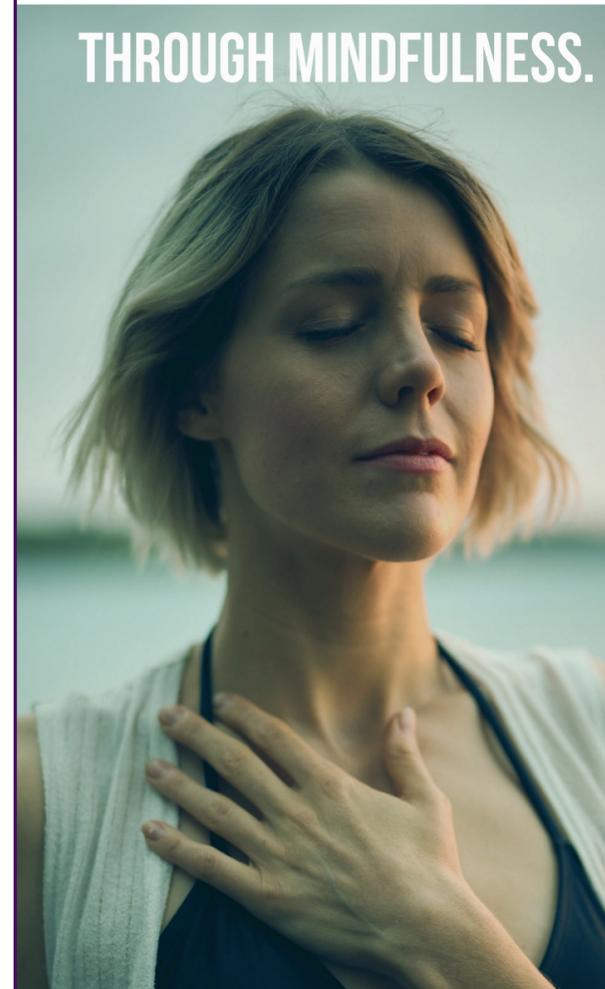
+1 (918)-504-5574

<https://www.mentalwealthalliance.com/>



**GAIN MORE.  
MORE CLARITY.  
MORE RESILIENCE.  
MORE EQUINIMITY.**

**THROUGH MINDFULNESS.**



### START EARLY, MINDFULNESS ISN'T JUST FOR ADULTS

*Emotional skills practice during development can be beneficial on its own or combined with mindful tutoring.*

Mindfulness can help your child be in charge of their own learning and cultivate a peaceful learning environment.

Utilizing mindfulness as a tool, Jo helps her students understand how they learn, identify trouble spots and misunderstanding - conquering the emotional obstacles that lead to undue stress and fear of school environments.

**WE DON'T SEE THE WORLD  
AS IT IS  
BUT AS WE ARE.**

### MINDFULNESS IS A TYPE OF MEDITATION

*but it is so much more than that.*

*It is a way of being and perceiving the world.*

For example, when tutoring my students, I help them become aware of their beliefs around learning, their capacity to learn and identify what they do and do not understand in order to set learning goals.

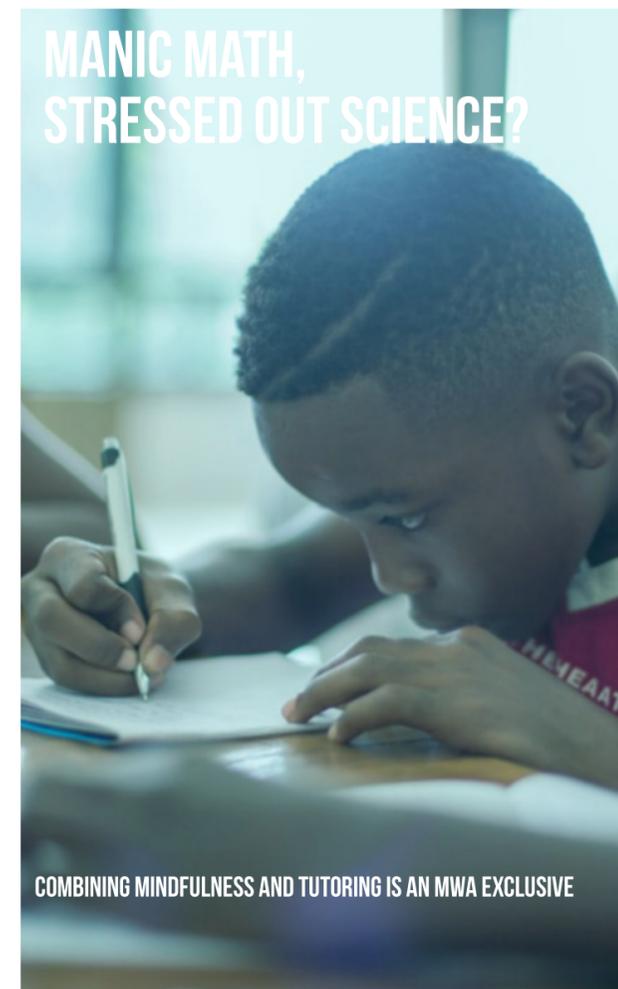
I have helped many children shift from frustration and lack of motivation to confidence and ambition to learn.

I have even had several of my students tell me I make learning FUN!



**MIND MASTERS**  
EMOTIONAL EDUCATION AND LIFESKILLS

**MANIC MATH,  
STRESSED OUT SCIENCE?**



**COMBINING MINDFULNESS AND TUTORING IS AN MWA EXCLUSIVE**