



## EMCoaching by Elisabeth Møllgaard

– a certified life coach and stress coach educated in Denmark. Coaching in English, Danish and Dutch and speaks German as well.

My special areas of competence are stress management, mindfulness, communication skills, exploring lasting solutions for the client, resource identification, improving relationships, and parenting.

Believing in the enhancing experience of group synergies, I am facilitating small groups on the topics of mindfulness and/or stress management. Individual coaching in mindfulness and stress management is possible too.

If you feel that you would like to improve your ability to get positive and balanced results in your working or family life, have a look in this flyer at the possibilities to learn about **mindfulness in an entirely pragmatic and practical way.**

Find out more at [www.EMCoaching.lu](http://www.EMCoaching.lu)  
or  
[blogs.angloinfo.com/life-coaching-lux/](http://blogs.angloinfo.com/life-coaching-lux/)

[www.EMCoaching.lu](http://www.EMCoaching.lu)  
[info@emcoaching.lu](mailto:info@emcoaching.lu)

Facebook: **Mindfulness Luxembourg**

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EMC<sub>O</sub>ACHING  
LUXEMBOURG  
BY ELISABETH MØLLGAARD

*Mindfulness*



## Introduction to Mindfulness Groups

### Evening groups Winter 2018

The evening group in Olingen will be resumed in January 2018

Small groups with focus on practical meditation exercises, breathing exercises, exercises in focusing on yourself and theoretical understanding of mindfulness. After the course you will be able to apply the methods easily in your daily life.

We are meeting 6 times two hours over a period of 2 months. The price is 250 Euro

The introduction to mindfulness groups are repeated 1-2 times yearly. Please find details on the next groups on [www.EMCoaching.lu](http://www.EMCoaching.lu)

**In case you would like to form your own group on mindfulness, I would enjoy being your facilitator. You have to be minimum 4 persons, maximum 8. Format according to your wishes**

**Mindfulness practiced has scientifically proven side effects like less stress, more calm, better concentration, better sleep, less pondering about things, more joy in your life. To get these results daily practice is needed: 2 times 10 minutes every day makes a measurable difference after 2 weeks**

**Mindfulness** is first and foremost awareness. Focusing on the present, on 'what is', and breathing gives room for peace and space to being with your thoughts, feelings and sensations.

The goal being to obtain nonjudgemental awareness of what happens in your self and the ability to choose how to react to feelings and circumstances.

To read about mindfulness is like trying to taste the food at a restaurant by reading the menu. In order to feel the advantages of awareness and presence, you have to try it out yourself.

# MINDFULNESS

is a state of active, open attention  
on the present

**Instead of letting your life pass you by,  
mindfulness means living  
in the moment and  
awakening to  
experience**

*Questions? send a mail to  
[info@emcoaching.lu](mailto:info@emcoaching.lu)*

## Individual Mindfulness Coaching

If you are not able to join a group meeting on specific times and dates, Individual Mindfulness Coaching might be another option.

Over a period of two months approximately, we will meet 5 times for 6 hours in total. In principal following the same program as the Introduction Groups but with the coaching even more adapted to your specific circumstances.

Price 450 Euro. Please send an email to [info@emcoaching.lu](mailto:info@emcoaching.lu) for more details.



## Experienced Mindfulness Group

**8 Tuesday evenings forming a course  
November 2017 to February 2018  
– in Olingen (19:30–21:00)**

This very small group (4-6 persons) is about further exploring what mindfulness entails for each individual. If you already have (had) a mindfulness practice (meditation, yoga, T'ai Chi etc.) or have participated in one of the introduction courses, these sessions will be helpful for maintaining a mindfulness practice.

*Find dates and more at  
[www.EMCoaching.lu](http://www.EMCoaching.lu) or on  
Facebook: **Mindfulness Luxembourg***

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