

## Mindfulness-Based Reflective Practice (MBRP)

Reflective Presence is a way of being and being with others based on Mindfulness-Based Reflective Practice (MBRP) – this is a method you can use as a professional to assist others who want to be healthier, happier, and more effective by being able to:

- recognize, appreciate and express their own strengths and resources,
- feel less anxious ... more relaxed and confident in themselves
- be more attuned to their own needs, fears, impulses, motives, and feelings, more aware of the attitudes and habits that propel their actions
- understand the needs, fears, frustrations, and concerns of others by picking up more of the nonverbal signals and messages that people send
- be more conscious of their own nonverbal expression and the messages and impressions they are communicating to others
- learn more effective ways to communicate and to relate to others, including expression, listening, and responding
- learn to interrupt habitual impulses and reactions in order to choose a more appropriate response for the particular situation they are in
- thereby becoming less automatic and more creative... less reactive and more responsive... less impulsive and more relevant
- reduce and manage stress, improving their general health and energy
- improve the sense of connectedness with others they live with or work with, allowing for an enhanced sense of belonging and being part of their “community” (family, team, workplace etc)

The primary purpose of Mindfulness-Based Reflective Practice is to *facilitate reflective experiences* that help you become:

- more attuned to yourself through moment-to-moment “mindful awareness” of yourself and others...
- more conscious of your own motives, fears, needs, feelings, perceptions, attitudes, and habits...
- less reactive and more appropriately responsive to the people and situations you are relating to...
- a more skilful and effective communicator...
- a “reflective presence” for yourself and others.

This growing attunement to yourself and others promotes:

- lower stress levels, improved energy,
- healthier and more creative relationships,
- fewer destructive or limiting habits,
- *simply being* yourself in expressing this in all you do,
- *reflective presence* as a way of living and relating,
- more of a sense of fulfillment with work and with life.