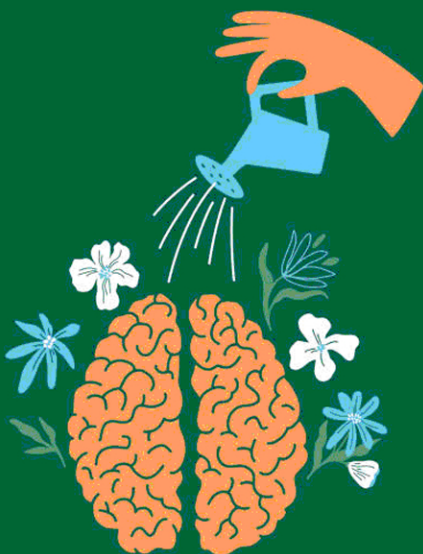


Unlock Your Power with
**MINDFULNESS
TRAINING**



Reduce Stress

Reclaim Attention & Focus

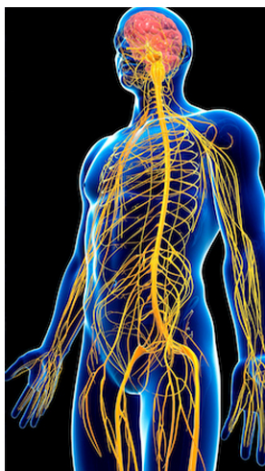
Cultivate Lasting Well-Being

—Right Where You Work

What are the Foundations For Mindfulness?

In this training, we will learn to connect with and explore the nervous system and how it influences our emotions, behaviors, and ability to connect. It highlights the role of the vagus nerve in regulating our responses to stress and safety, explaining why we might feel calm, socially engaged, or triggered by threats.

Understanding this framework between states of survival (fight, flight, freeze) and safety helps us to recognize and shift between states of survival (fight, flight, freeze) and safety (connection and relaxation), promoting greater agency, emotional regulation, resilience, and well-being.



Reclaim Your Energy & Focus

By recognizing how our bodies responds to safety and threat, we can develop tools to move from survival states, like anxiety or shutdown, to feelings of calm and connection. This understanding empowers us to manage emotions, improve relationships, and enhance our overall Physical, mental and emotional well-being.



Employer Provided Training Opportunity

Training Includes:

- Safety In The Nervous System
- Awareness of Breath
- Body Awareness
- Mindful Movement
- Mindfulness of Emotions
- Loving-Kindness
- Mindful Communication
- Mindful Eating
- Mindful Art

Physical Benefits

Mindfulness offers a wide range of physical benefits by promoting relaxation and reducing the harmful effects of chronic stress on the body. Regular mindfulness practice has been shown to lower blood pressure, improve sleep quality, and boost immune function. It can also alleviate symptoms of chronic pain, reduce inflammation, and enhance overall heart health. By fostering a calm and centered state, mindfulness supports the body's natural ability to heal and maintain balance.



Mental Benefits

Mindfulness has profound benefits on the brain, promoting positive changes in both structure and function. Research shows that regular mindfulness practice increases gray matter density in areas associated with learning, memory, and emotional regulation. It also enhances connectivity in the prefrontal cortex, improving focus, decision-making, and self-control. Additionally, mindfulness reduces activity in the amygdala, the brain's fear and stress center, helping to lower reactivity to stress. These changes support improved mental clarity, emotional balance, and overall cognitive health.

Emotional Benefits

Mindfulness fosters emotional well-being by helping us develop greater awareness and acceptance of our emotions and feelings. It encourages a non-judgmental approach to emotions, enabling us to observe our thoughts and feelings without becoming overwhelmed by them. This practice enhances emotional regulation, reducing impulsivity and reactivity, while promoting greater empathy and compassion, both for ourselves and others. Over time, mindfulness can lead to improved emotional resilience, helping us cope more effectively with challenges and cultivate a sense of inner peace and balance.



Kim's approach is a heartfelt blend of compassion and grounded expertise, deeply informed by her extensive training in trauma recovery, yoga & mindfulness. She holds a steadfast belief in the transformative power of embodied practices, seeing them as essential tools for building resilience and fostering a gentle yet profound shift toward harmony within oneself and with the world.

Her vision extends beyond individual healing; Kim is driven by a dream of a more peaceful and sustainable world. She is dedicated to creating programs that not only nurture personal growth but also contribute to the collective well-being of our communities.



With humility and unwavering dedication to her own growth, Kim stands as a trusted and empathetic guide for those on the path of holistic healing. Her commitment to sharing her insights and practices is a testament to her belief in the inherent wholeness within us all, and she remains devoted to supporting others on their own unique path.

Kim is certified through The International Association of Trauma Recovery Coaches, a Registered Yoga & Mindfulness Teacher, a Certified Somatic Embodiment Practitioner, a Reiki Master Teacher and an Artist.



Kim Bader



Certified Trauma Recovery Coach
Registered Yoga & Mindfulness Teacher
Artist

Phone: 330.858.0858
Email: kimbader8@gmail.com
www.KimBaderWellness.com