

Mindfulness-Based Wellbeing Enhancement (MBWE)

*An 8-Week Journey to Better
Mental Wellbeing*

Practical tools for less stress, greater awareness and sustainable wellbeing.



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2 | PROGRAMME OVERVIEW

Mindfulness-Based Wellbeing Enhancement (MBWE) is an 8-week experiential programme that uses mindfulness practices to cultivate greater awareness, resilience and wellbeing. Through guided practices, reflection and experiential learning, participants develop practical skills to navigate life's challenges and enhance overall wellbeing.



Greater Awareness

Understand your thoughts, emotions and behaviours



Manage Stress

Develop skills to respond, not react, to life's challenges



Building Resilience

Cultivate self-compassion and emotional strength



Live Meaningfully

Align with your values and engage in what matters



Sustainable Habits









Integrate mindfulness into daily life for long-term wellbeing



Experiential & Practical






Guided practices, reflective exercises, group discussions and home practice between sessions

3 | THE 8-WEEK JOURNEY

1		Being Curious	Recognise autopilot patterns and developing curiosity towards present-moment experiences.
2		Holistic Wellbeing	Understanding wellbeing as a multidimensional experience and setting personal wellbeing intentions.
3		Response-Ability	Developing the ability to pause, respond skilfully and manage difficult situations with greater awareness.
4		Focusing on What Works	Cultivating self-compassion, gratitude and an asset-based mindset to support wellbeing.
5		Meaningful Engagement	Identifying personal strengths, values and meaningful activities that contribute to fulfilment
6		Generating Perspectives	Exploring how thoughts influence experiences and learning to view situations with greater flexibility.
7		Mindful Living	Integrating mindfulness into everyday activities, relationships and daily decision-making.
8		The Future in the Present Moment	Reflecting on learning, consolidating practices and developing a personal wellbeing plan for the future.

4 | PROGRAMME COMPONENTS & DETAILS

KEY COMPONENTS

-  Guided mindfulness practices
-  Body scan & awareness of breath
-  Mindful movement
-  Loving-kindness meditation
-  Mindful eating & walking
-  Reflective exercises & journaling
-  Group discussions & inquiry
-  Home practices activities



DURATION

8 weekly sessions
2.5 hours per session



FORMAT

Interactive, experiential
and practice-based



SUITABLE FOR

Working adults,
professionals and
individuals seeking
practical wellbeing skills

“ Wellbeing is not something we find, it is something we cultivate. ”