



Certificate of Achievement

Matthias Giger

has completed the following course:

**MAINTAINING A MINDFUL LIFE
MONASH UNIVERSITY**

This online course explored mindfulness techniques that can improve communication skills, relationships and emotional health. The course introduced a range of practical mindfulness exercises which learners were encouraged to use and reflect upon.

4 weeks, 3 hours per week



Associate Professor Craig Hassed
Coordinator of Mindfulness Programs
Monash University



Dr Richard Chambers
Clinical Psychologist and Mindfulness Consultant
Monash University



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



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STUDY REQUIREMENT

4 weeks, 3 hours per week

LEARNING OUTCOMES

- Experiment with a range of mindfulness techniques.
- Develop and apply a range of mindfulness techniques that are effective.
- Evaluate the impact of a variety of mindfulness techniques.
- Model a more mindful approach to communication, relationships and emotional health.
- Engage with informal and formal mindfulness practices.

SYLLABUS

- Communication.
- Mindful relationships.
- Mindfulness and heartfulness: cultivating self-compassion and emotional health.
- The big picture.