

You can
make
your mind
your
attendant,
not
your boss.

– Jan Bidwell
Sitting Still

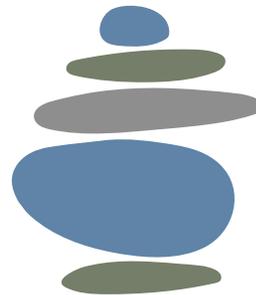


Jan Bidwell, LMSW

Jan has over 40 years of professional experience, 37 years of meditation training. She is a graduate of New York University, an author, psychotherapist, and speaker. Jan is a licensed clinical social worker, and is known as an activist and as an early adapter in the world of meditation.

Jan has helped people work on their outer lives and their inner environments for decades. Jan's first book, *Sitting Still: Meditation as the Secret Weapon of Activism* has received national recognition.

Jan uses proven scientific research to teach practical techniques to unlock your full potential.



**BIDWELL
CONSULTING, LLC**

resilience training, psychotherapy
and meditation instruction

Jan Bidwell, LMSW
(201) 236-0046
janbidwell@gmail.com
janbidwell.com

**BIDWELL
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TACTICAL MINDFULNESS TRAINING

Maintaining Steadiness in Any Storm

Bidwell Consulting Offers
Detailed, Doable, Daily Exercises
that Increase Resilience
in the Face of Adversity

DEVELOPING INNER STRENGTH ALL. DAY. LONG.

We all think during the day,
why not make it powerful?

Tactical Mindfulness strategically
structures the time you already spend
on grooming, chores, eating, and
errands, to strengthen your focus,
helping **your brain to wire-in resilience.**

Very few people have hours to set aside
to train the brain.

However, everyone brushes their teeth.
Everyone showers. Everyone eats.
Tactical Mindfulness Training **folds brain
training into daily routines.**

Our lectures and interactive sessions will
walk you and your team through how to
streamline daily practice.

Neurons that fire together wire together.

What we think most often, we think
most quickly. I can help you build
strong and durable habits that will
make you steady every day.

COURSES and PACKAGES

COURSES

- Two Hour Interactive Lecture
- Three Hour Interactive Lecture
- Two Days of Interactive Lectures
- Three Days of Interactive Lectures
- One Full Day Intensive Training
- Two Day Intensive Training

PACKAGES

PACKAGE #1

One Two Hour Lecture with One Full
Day Intensive Training

PACKAGE #2

Three Hour Lecture with Two Days
Intensive Training

PACKAGE #3

Two Days of Two Hour Lectures with
One Day Intensive Training

PACKAGE #4

Two or Three Days of Two Hour
Lectures with Two Days Intensive
Training

*Let us know what you need,
and we can develop a program just
for you. These are very hard times.
We would love to help you
navigate them with equanimity.*