

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

– Jan Bidwell  
*Sitting Still*

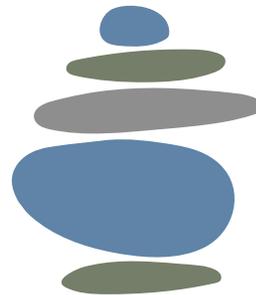


**Jan Bidwell, LMSW**

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

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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.*