

Heather Rachel Johnston

Heather is an experienced mindfulness practitioner, coach, facilitator and development consultant with a strengths based/psychological approach to coaching and facilitation that builds on qualifications in cognitive behavioural coaching, mindfulness, compassion, supervision and development in positive psychology and strengths based interventions.

Heather has a passion for helping people tune into their authentic selves and build capability to help themselves fulfil their potential, increase their wellbeing and sense of purpose, motivation and performance. She is particularly drawn to working with those that help and care for others; supporting their wellbeing so as to help them flourish and prevent burnout and empathy fatigue.

Heather has undertaken two teaching retreats in mindfulness based stress reduction (MBSR) and mindfulness based cognitive therapy (MBCT) with the Centre for Mindfulness research and Practice at the University of Bangor and has completed additional teacher training with Erik Van den Brink on mindfulness based compassionate living (MBCL). She has trained with the Potential Project in their Corporate based mindfulness training (CBMT) programme and Mindfulness in Schools' foundations (for teachers) and pawsb (7-11 year olds). She has also attended CPD training in Deep Listening with Ros Oliver along with workshops with Professor Paul Gilbert, Professor Tania Singer and Dr Kristen Neff focused on understanding the research, neuroscience and practice of developing compassion.

Heather has worked independently since 2004 and has experience of working across different client sectors in both an employed and consultant capacity. Heather herself, is on her third 'career' having worked within the NHS (as a Project Manager and Deputy Health Commissioner), in Investment Banking (as a internal consultant and Development Executive) and for herself (as a Coach and mindfulness practitioner). She is also a practicing artist (Mixed Media) interweaving this with her love for coaching, mindfulness & compassion, learning and development.

Heather has a regular mindfulness/compassion practice and has attended a 7 day silent breathworks retreat as well as two 7 day teacher training retreats. She has 17 years of group work and 1:1 experience and holds certificates in psychological coaching specialising in psychological resilience, redundancy coaching and counselling, REBT, Stress management and Performance coaching. Heather is also a Coach and Development Consultant Supervisor. She also holds an MBA from Henley Management College, a BSc (Hons) in Economics from St Andrews University and has a particular interest in social and contemplative neuroscience and the crossover between psychology and economics.

Some of her recent mindfulness participant testimonials include

Not at all "wee-woo"! My partner says I'm happier and calmer.

This course is to be recommended for people with a chronic illness. Connecting the mind and body and facilitates health and self care.

Course Participant

This course was just what I needed at this point in my life. It has been enlightening and life changing and helped me focus and learn what being mindful really means. The course has helped me get to know myself and be kind and compassionate to myself. Much needed in a stressful world. A way of finding yourself and staying sane.

Elizabeth

Heather, you hold the space during the sessions wonderfully. You bring a very calm open approach to each session which aids learning about oneself

Thankyou for being kind, non judgemental, warm and empathetic. A satisfying learning environment that has allowed me the space to grow.

"Heather recently led the .b foundations course with the teaching staff at our school. She has a very professional approach to her work and has been a pleasure to work with. She related extremely well to our staff and her relaxed and 'inviting' approach was welcomed by them."

Heather loves the countryside, the wilder the better and enjoys sketching, walking and being in nature. She uses these experiences to fuel her work and art.

You can find out more about Heather at her website: www.mindtrip.co.uk and on her linkedin profile: uk.linkedin.com/in/heatherrjohnston

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