

## **PROFESSIONAL BACKGROUND AND EXPERIENCE**

Christine Bowles MA, MISMA, Dip Stress Management, Dip IDHP

Chris Bowles specialises in Mindfulness training and psychological health and wellbeing. She is a full member of the International Stress Management Association, having completed a Diploma in Stress Management in 1994. Chris has a background in counselling and group facilitation and holds a postgraduate Diploma in Facilitating Group and Personal Development (Institute for the Development of Human Potential). Her training has been orientated towards Cognitive Behavioural Therapy and Multimodal Therapy, and she has undertaken Mindfulness teacher development with the University of Bangor Centre for Mindfulness.

Prior to specialising in psychological wellbeing, Chris worked for a number of years as a career management consultant for some of the UK's biggest consultancies including Coutts (now Right Associates), Lee Hecht Harrison and DBM. In this role she provided 1:1 coaching and group training in career choice and change, self marketing strategies, and managing organisational change to employees at all levels and across a wide range of public and private sector organisations. She has subsequently set up her own consultancy offering stress management coaching and resources, guided retreats and Mindfulness training. For over 5 years she has designed and delivered psycho-educational workshops in stress, anxiety and depression management, relaxation skills and Mindfulness Based Stress Reduction/Mindfulness Based Cognitive Therapy for GP patients within an NHS Primary Care Trust. Chris is also a freelance associate lecturer for the University of the West of England, where she wrote and delivered elements of the Health Trainer training programme.

Chris has extensive experience of designing course materials and facilitating courses for a variety of client groups, including therapists and health professionals, coaches, organisational employees and GP patients. She has recently produced her own stress management e-learning pack and audio CDs.

For Harrison Training, Chris runs introductory courses for health professionals in; Mindfulness for the management of pain, stress and depression; self care for carers; basics of CBT for stress, depression and anxiety management; group facilitation skills.

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