

COCO NKRUMAH

MINDFULNESS EDUCATOR AND SPEAKER
WWW.REALITYBASEDMINDFULNESS.COM.AU



ABOUT COCO

Coco Nkrumah is a mindfulness educator with over 10 years of experience helping people change their lives through the power of mindfulness. Coco shares his down-to-earth, non-religious and practical knowledge of mindfulness and meditation in workplace and corporate settings. Some of his clients have included 7/11, Department of health and human services, DFP Recruitment and Co-health Victoria. Coco strives to enable organizations to develop a culture of well-being, compassion, creativity, and productivity.

SERVICES & PACKAGES

Coco knows how to cater his approach to your clients needs he is available for: talks, workshops, seminars and half/full day events.

Coco specializes in:

Mindfulness

stress reduction

team building

effective communication

resilience

self-compassion

TESTIMONIALS

"Having tried yoga, CBT, kinesiology, acupuncture and other therapies (as well as psychiatrist consultation and prescribed medications) over the 12 or so years I have had anxiety I feel that I have never mastered meditation. And yet everyone I've worked with (as well as GPs etc) have emphasized its importance. I feel that my sessions with you have got me as close to effective meditation as I have been."

Geoff Poynter. Tenant services manager, Department of Health and Human Services.

"Coco has taught me important mindful techniques to focus on my energy. By employing these techniques I have found a better way of transitioning through my everyday. I recommend mindfulness to those seeking a calmer approach to life, which enables the easier flow of thoughts and in response a happier existence."

Kate Cash. 711 Victorian Regional manager.

Thank you for the recent mindfulness presentation delivered across the North East Region of the Department of Justice and Community Safety. The feedback received from the staff has been overwhelming positive and many have commented on the usefulness of the techniques and the immediate impact on reducing workplace stress. Much of the work that we do involves dealing with people who are in crisis and they can often present a highly distressed state. This can have a culminative impact and can often result in staff experiencing high level of stress and anxiety.

While the Department provides a range of staff well-being services, we also continue to promote opportunities to self care. Mindfulness is yet another important skill that they can now utilize.

Your presentation was personable, engaging and highly informative and I would highly recommend these session to any employer wishing to improve staff well-being and workplace culture.

Thank you once again

Regards,
Mario Nuzzo
Principal Practitioner – Post Sentence Stream
Department of Justice and Community Safety (DOJCS)

CLIENTS

