**Dr Patrick Jones Speaker resource kit**

The work of Dr Patrick Jones focuses on leading people to awaken to their true nature of inner well-being. With a background in clinical psychology for twenty years, he moved his focus to secular teaching and academia bringing the marriage of psychology and spirituality into the mainstream.

Patrick has been presenting at state, national and international conferences in psychology and health for the last twenty years. He has also been a director for eastern ashrams and western monasteries.

Patrick has 30 years experience in the commercial sector, and whilst now not an active board member, he consults in an advisory capacity. He has founded several companies, a not for profit charity, and has managed a portfolio of over a dozen properties. Along with writing tertiary curriculum on mindfulness-based entrepreneurship he has coached consultants on the role of managing the mental state in business.

Patrick is a strong advocate of service, and stresses the importance of non-attached altruism and contribution with those he works with. Patrick has a black belt in tae kwon do and is an active triathlete.





**Training**

Mindfulness-based Quality of Life and Well-Being Training

Formats: 1 hr presentation, ½ day, 1 day, 2 day (full course 12 hrs), 6 weekly x 2 hr modules (12 hrs)

**Testimonial**

The process of awakening is a remarkable experience when doing it alone but it seems to me that having a teacher allows a person to truly understand the experience and experience it fully. Patrick describes this process and the process of awakening in the clearest and most effective way that I have heard it described for the western intellect.

David Budge, Founder Aurora Labs