

## Dr Patrick Jones Speaker Resource Kit

Patrick has presented at state, national and international conferences in psychology and health for the last twenty years and has also been a director at eastern ashrams and western monasteries. With postgraduate degrees across several disciplines and a PhD in psychology, Dr Patrick Jones has a strong research background and sees the value in being informed about the fields of mindfulness, quality of life and well-being.

Through his clinical work and research, Patrick developed a quality of life and well-being program (Mindfulness-based Quality of Life and Well-Being Program) which has been used by thousands of people in one-on-one and group settings.

The focus of his training is to both assist people to build a robust psychological health and balanced quality of life; and to experience the true untouchable sense of self – awakening to the natural state of inner well-being. 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.

### IMAGES



### Training

Mindfulness-based Quality of Life and Well-Being Training

#### Formats:

1. 1 hr presentation
2. ½ day, 1 day
3. 2 day (full course 12 hrs)
4. 6 weekly x 2 hr modules (12 hrs)

David Budge, Founder Aurora Labs

### Access

To inquire about access to Dr Jones in person or online please submit a request through the Contact Us form.

**Website: [www.drpatrickjones.com](http://www.drpatrickjones.com)**