



Dr Patrick
Jones

Keynote Speaker, Author,
& Corporate Trainer

Training:

Dr Patrick Jones presents both research and practical methods to achieve the life balance of external quality of life and internal well-being. Looking at the causes and conditions of happiness, he teaches on ten key mindfulness skills, the five major quality of life areas, and methods to attain inner well-being.

Latest Book - "Clear Mind Open Heart":

Designed to teach skills to achieve the balance of external quality of life and internal well-being, the Clear Mind Open Heart program has been delivered to thousands of people in individual, group, and conference formats. With results published in academic journals, the 30-day program is now available in a step-by-step self-help format, with explanations and exercises.

SIGNATURE TOPICS:

- ✓ Mindfulness Mastery
- ✓ Quality of Life Goal Setting
- ✓ How to Build Inner Well-Being
- ✓ Life Balance & 5 Key Areas
- ✓ Mindfulness-Based Quality of Life & Well-Being Program



TRAINING FORMATS:

PACKAGE A: \$750 +GST

- 1 hour presentation

PACKAGE B: \$2,000 +GST

- Half-Day Training

PACKAGE C: \$3,500 +GST

- Full-Day Training

PACKAGE D: \$6,000 +GST

Full Course:

- Option A: 2 Days (Intensive 2 Days x 6-Hour Modules = 12 Hours)
- Option B: Weekly (6 Weeks x 2 Hour Modules = 12 Hours)

CLIENT FEEDBACK

"Penny dropped for me - 'aha moment' about not putting my happiness in anyone else's hands. Sense of self/happiness is within - not controlled by external factors. Forgot this!"
Allied Health Professional

"The training I received had a huge impact on my life. It allowed me to see life from a different perspective bringing a greater awareness and freshness to the way I live from moment to moment."
Ross



Please feel free to reach out for any questions.

Get in Touch!

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