

## Text Transcript for the Mindfulness Based Occupational Therapy audio file

By Rochelle McLaughlin

Welcome to the advanced certificate program in mindfulness-based occupational therapy. My name is Rochelle McLaughlin and I am the founding director and lead instructor for the MBOT program.

Mindfulness is one of the greatest gifts of my life on so many levels and I have been deeply humbled by and grateful for the opportunity to witness the extraordinary healing powers of mindfulness in my own life and in the lives of those whom I've had the great blessing to share these practices with.

The intention of this program is to help healthcare professionals build skills to effectively engage with the unique and intense occupational stressors they face on a daily basis.

And we are building a mindfulness-based healthcare community. With the intention of cool journeying together toward greater and greater degrees of self-compassion, awareness, and insight.

And I am delighted that you are considering joining us. And we look forward to embarking on this extraordinary journey intentionally integrating mindfulness into healthcare and becoming healing agents for meaningful change.