



FOR IMMEDIATE RELEASE

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Discover the Power of Mindfulness: Nan Tien Institute Launches New Graduate Certificate in Applied Mindfulness

Wollongong, December 2023 – In today's fast-paced world, mindfulness has been proven to make a significant contribution to career enhancement, performance improvement, innovation, and success in current or new endeavours.

Nan Tien Institute is excited to announce the launch of its new, Graduate Certificate in Applied Mindfulness.

This accredited course is designed for professionals and leaders in all fields, as well as mindfulness practitioners who are seeking to deepen their understanding of mindfulness, its origins, applications, and evidence-based benefits.

The Graduate Certificate in Applied Mindfulness offers students a unique opportunity to develop a scholarly and experiential understanding of mindfulness, unlocking its potential across a range of professional and personal contexts.

The course is delivered both online or on campus, where students can take advantage of the beautiful surrounds of the Nan Tien Temple and its gardens. This delivery approach makes this course accessible and flexible to anyone, anywhere.

In this course, students will develop practical skills, applying mindfulness to leadership, workplaces, health, and educational settings. As the world faces global crises, the course will empower students to skilfully navigate contemporary issues such as climate change, global conflict, financial strain, and the ongoing post-Covid challenge. It will foster resilience, insight, and compassion individually, socially, and globally.

"Our unique program takes an interdisciplinary approach, drawing on expertise in mindfulness studies, compassion science, Buddhist studies, sociology, leadership and coaching, and neuroscience. It is one of very few mindfulness courses available worldwide that is accredited at a postgraduate level.", explains Dr. Nadine Levy, the Program Coordinator for the Graduate Certificate in Applied Mindfulness.

Don't miss this opportunity to embark on a transformative journey of self-discovery and professional growth.

For more information and to apply, please visit [Graduate Certificate in Applied Mindfulness](#)

About Nan Tien Institute (NTI): NTI is a higher education provider located adjacent to the serene grounds of the Nan Tien Buddhist Temple in Wollongong, Australia. Accredited by the Tertiary Education Quality and Standards Agency (TEQSA), NTI offers postgraduate programs in Applied Mindfulness, Applied Buddhist Studies, Health and Social Wellbeing, Humanistic Buddhism, and Mental Health. With its focus on contemplative education and holistic learning, NTI provides students with a transformative educational experience that nurtures personal growth and fosters ethical and compassionate understanding.

Start your Journey
Enquire Today



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