

MindfulWell®

Foundations Program

8-week · clinically-informed · trauma-informed · online
for women 18+ · The ShadowCognition Theory®

Cohort July 2026 · Places limited

The MindfulWell Foundations Program gives you practical, evidence-informed tools to understand your nervous system, work with the patterns shaping your responses, and build skills you can use independently long after the program ends.

What you will develop

- A working understanding of your nervous system and the window of tolerance
- A vocabulary for your patterns — and a more workable relationship with them
- Practical awareness, self-compassion, and regulation skills
- CBT tools for working with unhelpful thought patterns
- A realistic post-program practice you can sustain on your own

What each week includes

Included each week	Detail
Video lessons	3–5 short videos per week — watch at your own pace
Guided practice	One audio practice each week
Reflection worksheet	One downloadable worksheet with structured prompts
Live session	One optional live session with Amy — always recorded and available after
Community	A small cohort space to connect with others in the program

Program details

Detail	Information
Duration	8 weeks
Format	Self-paced online + one optional live session per week
Live sessions	Optional — recorded and available within 24 hours
Cohort	Small group — women 18 and over
Platform	Online accessible from any device
Price	NZ\$390.00
Cohorts per year	4 — July 2026 now open
Certificate	Certificate of Participation on full completion

Ready to apply?
Complete the brief intake form to reserve your place.

Apply

Applications reviewed within 2–3 business days

Please note: This program is not a substitute for individual psychotherapy or psychiatric care. Enrolment includes a brief intake and screening form to ensure it is the right fit for you at this time. If you are unsure, please reach out to us before applying.

NZ crisis support: Lifeline 0800 543 354 · Depression Helpline 0800 111 757 · Healthline 0800 611 116