



## Statement of Participation

# Horst Polomka

has fully participated in the following course:

**MINDFULNESS FOR WELLBEING AND PEAK PERFORMANCE  
MONASH UNIVERSITY**

This online course explored the science of mindfulness and how mindfulness techniques can improve personal wellbeing and help achieve peak performance in study or at work. The course introduced a range of practical mindfulness exercises which learners were encouraged to use and reflect upon.

6 weeks, 2 hours per week



**Dr Craig Hased**  
Monash University



**Dr Richard Chambers**  
Monash University



**MONASH**  
University

