



DARON LARSON

MINDFUL AWARENESS COACH

Exercise your ability to focus, recharge, and connect.

Daron draws from what you already know about physical fitness to help you navigate the challenges of mindfulness practice.

AN ATTENTIONAL FITNESS APPROACH TO MINDFULNESS:

- 🕒 Develops self-awareness and emotional regulation skills
- 🕒 Improves the way you react, respond, and relate – to thoughts, feelings, and other people
- 🕒 Strengthens attentive listening and empathy for better connection and collaboration
- 🕒 Uses exercises grounded in evidence-based research
- 🕒 Supplements (doesn't replace) other supports and strategies

"I've learned more about dealing with day-to-day anxiety in the past 3 months than in the previous 60 years."

"Daron's classes give me ideas and techniques that are doable in my life."

"I recommend training with Daron if you are anxious, or sleepless, or unfocused, or indecisive, or human."



CLIENTS

In addition to coaching individuals, Daron gives talks, leads workshops, and teaches class series for companies, hospitals, continuing education programs, and in prisons.

As a parent, social worker, information specialist, and librarian, he has always been energized by identifying relevant resources to help people more effectively navigate personal and professional challenges.

The world will never be less distracting than it is right now.

If you're ready to start training your attention, contact Daron at **614.284.9618 // daron@homeinyour.life // athomeinyourlife.com**

MINDFULNESS INSTRUCTION

Exercise Your Attention with Mindfulness

Learn how an attentional fitness approach to mindfulness can change your life, your work, and your brain.

Applied Mindfulness Workshops

How to apply attentional fitness to attention-related challenges such as tech habits, multitasking, overthinking, news anxiety, and middle-of-the-night alertness.

Mindfulness Habits

Introductory series to learn basic exercises, skills, and insights. In person or online.

Group Exercise Sessions

Practice, discuss, repeat to hone your attentional skills.

Individual Coaching

Customized programs to fit specific interests and needs.

Go to athomeinyourlife.com/daron for more details.



**EXERCISE
YOUR
ATTENTION**



**Physical exercise
strengthens the body.**



**Mindfulness practice
strengthens attention.**



**FEEL
MORE
AT HOME IN
YOUR LIFE**



**Train your attention
with or without meditation.**



**Relate more effectively
to the challenges of life.**



BACKGROUND

- Consistent daily mindfulness practice since 2002
- Ongoing education including intensive practice during annual silent meditation retreats
- Mindful awareness coaching, teaching, and speaking since 2009
- Senior teacher for Unified Mindfulness programs
- TEDxColumbus Talk: *Don't Try to Be Mindful*
- Contributed brain scans as an adept meditator for neuroscience research studies at Harvard Medical School and the University of Vermont
- Some of Daron's guided exercises are available on the Insight Timer meditation app

“If you want an exotic, mystical master in robes or a coach selling a shiny branded cure-all, then look elsewhere.

However, if you're looking for a regular human being like yourself, who is honest, kind, and possesses useful mindfulness skills to share, then you've found a worthy teacher in Daron.”

