



Bronwen Rees



Biography

Dr Bronwen Rees has over 30 years of mindfulness practice, having trained initially within the Triratna Buddhist Order. As Director of the Centre for Transformational Management Practice, at Anglia Ruskin University, Cambridge, she was one of the pioneers in introducing mindfulness into the workplace and in education, and has lectured, published and led retreats worldwide. She trained in mindfulness-based core process psychotherapy at the Karuna Institute (the first mindfulness training in psychotherapy) where she latterly was external examiner and has a lively practice in Suffolk.