



Mindfulness at work

Mindfulness is *the* buzz-word of the moment with good reason. Proven to promote concentration and creativity, it helps to reduce stress and anxiety as well as promoting wellbeing and improving resilience. It is increasingly used widely and is growing in popularity because it works. In this introduction, participants will gain insight into the basic principles and practices of mindfulness, discover how to implement it for themselves and learn how it can benefit everyone in the business environment.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

Background and benefits

- What mindfulness is and what it isn't, including, who uses it, and why

Brain Science

- Understanding how the brain works and how we can use it to maximise performance through mindful awareness

Mindfulness basics

- Introducing the principles of mindfulness, including simple, mindful practices designed for easy use and maximum benefit

Mindfulness at work

- Learning how to manage yourself, others and your work mindfully by reducing stress, maximising wellbeing and promoting productivity

Participants will learn to...

- Understand how they and others operate and develop emotional intelligence and awareness through mindfulness
- Use a simple selection of mindfulness based techniques to influence and promote their own resilience, health and wellbeing
- Utilise mindfulness principles to build better, more productive and positive relationships through empathy, compassion and understanding
- Put mindful theory into practice to enhance their performance in the workplace
- Be able to focus more effectively and efficiently maximising personal outcomes and preventing presenteeism
- Promote personal creativity, lateral thinking and observational skills