

## **One Day Mindfulness in the Workplace Workshop**

A one day workshop designed to introduce the skills, techniques and benefits of mindfulness practice to the teams within your organisation.

### **Purpose**

Today's work forces are 'always on' and the demands of work life mean that the ability to pay attention and be present in any moment is often lost. This impacts on critical aspects of work such as effective communication, decision making and team working. In addition, levels of distraction in society as well as in the work place are at an all-time high resulting in increased tension and anxiety as we strive to be in many places at once, achieving many things at once and be many things to many people.

Mindfulness approaches are widely recognised to bring about significant physical and psychological benefits for individuals and teams. These are increasingly being realised within the workplace in the form of improved resilience, increased attention, wellness, creativity, attendance and productivity.

### **Objectives for the day**

This experiential day will help your teams to:

1. Understand some of the latest research into Mindfulness in the Workplace and discover more about how we can use our minds to change our brains to create more wellness in our working lives.
2. Experience the core foundation mindfulness practices.
3. Discover how by moving out of autopilot mode we can build more awareness presence and connection.
4. Develop personal strategies for bringing mindful activities into daily life.
5. Understand more about our inbuilt habitual tendencies and create a strategy that will enable them to access more creativity and focussed attention.
6. Learn how Mindfulness can decrease emotional stress, anxiety and feelings of overwhelm and engender a culture of positivity, excellence and improved workplace relations.

This one day workshop can be delivered within your organisation and will be tailored to meet your organisational objectives.