



Building
stronger
families

Mindfulness in the Workplace

“ **Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgementally** ”

Jon Kabat –Zinn

Mindfulness in the workplace helps to build better teamwork, supports conflict resolution and increases creativity and communication.

Course aims

This course is designed to introduce the concept of mindfulness, how it applies in working life, and to provide you with effective tools to help you practise mindfulness and thrive in life and in the workplace.

Who should attend?

This course is suitable for anyone who wants an understanding of mindfulness, its usefulness in reducing stress and anxiety, and who wants to develop skills to practise mindfulness in their work life.

Learning outcomes

By attending this course you will learn:

- A basic awareness of the concepts of mindfulness and the benefits of adopting mindfulness in the workplace
- How to manage stress and anxiety, in yourself and others, by adopting a mindful approach

Course content

This course is split into six areas of learning. These are:

- What is mindfulness?
- Ego - the habit of thinking
- The three key concepts of mindfulness
- Mindlessness: anxiety and stress
- Mindfulness and the imagination
- Mindfulness in the workplace

Course delivery

This is a one day course which combines an introduction to, and information about mindfulness alongside practical tips and tools to practise mindfulness.

Participants will take away a mindfulness CD at the end of the day.

Contact us

For more information about this training course and how to book your place, please contact us:

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