

## Overview

Mindfulness, the art of being present, is now on the learning agenda of global organisations, such as Google, Apple and Proctor & Gamble. It has become recognised as a valued, and scientifically proven, technique in reducing stress, increasing focus and improving communication flow in the workplace. The impact of which, whether used formally or informally, enables individuals to gain better control of their emotions, demonstrate increased empathy and improve performance.

## Who is it for?

All members of staff who would benefit from reduced anxiety and stress, and who wish to communicate more effectively with colleagues, direct reports or customers.

## Course content to include...

- Course overview & objectives
- Understanding the stress response
- A definition of mindfulness
- The history of mindfulness & mindfulness based stress reduction (MBSR)
- Create some headspace
- A taste of mindfulness
- Formal practice - 10 minutes led mindfulness practice
- Informal practice
- Mindfulness of emotions
- Mindfulness in the workplace
- Mindful communication using B-CLEAR
  - Body language
  - Clear intentions
  - Empathy
  - Asking questions
  - Responding mindfully

## By the end of the course learners will be able to...

- Understand benefits of practicing mindfulness
- Be more aware of stress triggers
- Practice mindfulness formally or informally
- Be more mindful when communicating

"Really insightful, I was engaged and enjoyed every minute of it"

