



## Mindfulness at Work

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*To have courage is to take charge, first of one's own life, for the true hero is not the person who conquers others but the one who conquers himself or herself. Then you are ready to take charge of organisations (Kostenbaum 2002)*

Do you want your staff to:

- ◆ Keep coping when things get tough?
- ◆ Manage everyday and unpredictable stress?
- ◆ Avoid negative reactivity and emotional mismanagement?

### Stress can undermine your staff

Staff who constantly experience change and unpredictability can suffer much stress. Poorly managed, stress causes ill health, absenteeism and reduced productivity. Staff with stress management skills can better maintain good health and resilience when things get tough.

A fast moving, tech-savvy, global economy shapes the modern workplace. Challenges are constantly thrown at workers' resilience, causing immediate and potentially deadly effects on personal and workplace productivity. Workplaces need proven strategies to respond effectively.

### About the Course

**Mindfulness at Work** teaches Mindfulness and other skills to manage stress effectively when threats appear. The latest findings of Neuroscience show that Mindfulness practice calms the brain centres affected by stress. When not reactive to our experiences, we deal with them more effectively.

### Learning Objectives

Participants explore the causes of stress and reactive behaviour. They will learn how to:

- ◆ Examine and correct work / life balance
- ◆ Practice Mindfulness skills to manage stress and reactivity
- ◆ Develop self-confidence and assertiveness skills
- ◆ Improve communication and relationships
- ◆ Deal competently with difficult situations
- ◆ Prevent relapse and maintain their skills



### Format

Delivery comprises 8 x weekly 2-hr group sessions. Participants each receive a pre-course interview and assessment, and an individual session during the course. Weekly notes and access to on-line recordings or CDs are provided. Participants set goals, which are assessed at week 8, along with a post-course assessment. A report is provided to management, showing results of both assessments.

Long-time habits won't change in just 8 sessions, so the materials provided will assist participants to achieve lasting change during and following the course. The practice is 30-minutes twice daily.

### Participants

Designed for 8 participants. More can attend though sessions may be slightly longer. All levels of the workplace are affected by stress and so all will all benefit by attending and developing skills to maintain personal resilience when threats occur. You will get out of the course what you put into it. Contact us below for more information and/or to arrange your course.

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