

Mindfulness at Work

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 will learn about:

- ◆ Stress, Resilience and work / life balance
- ◆ Symptoms, Signs and Effects of Stress

Participants will learn how to:

- ◆ Practice several Mindfulness meditations to manage stress and reactivity
- ◆ Implement Mindfulness practices to prepare for challenging situations
- ◆ Use assertiveness skills to manage conflicts and difficulties
- ◆ Improve communication and relationships
- ◆ Prevent relapse and maintain their skills



Format

The course is delivered 8 x (preferably weekly) 2-hr group sessions. Participants receive: a pre-course interview and assessment, a comprehensive workbook, on-line access to weekly guided meditations and a 1-1 session during the course. Participants set goals, assessed at Session 1 and again at Session 8. A report is provided to management, showing the results of both assessments.

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

Participants

Recommended group size is minimum 4 to maximum 8 participants. All levels of the workplace are affected by stress, and so all will all benefit by attending. Why wait? Get in touch now! Contact me below for more information and/or to arrange your course.

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