

Mindfulness at Work – Build Resilience and Manage Stress



Daily change, pressure and unpredictability can undermine your staff

While these things are all part of everyday life and work, they still cause much *Stress*. Whether people manage stress effectively depends on their level of *Personal Resilience*.

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 both personal and workplace productivity. We need proven strategies in place so that we can respond effectively.

The course **Mindfulness at Work** meets this need. Participants will learn to:

- Manage stress
- Build self-confidence
- Develop assertiveness
- Improve relationships
- Deal with difficult situations

The course explores stress and its disruptive effects on work-life balance. Importantly, it provides management tools to alleviate the damaging effects of stress on mind and body.

Mindfulness at Work draws on the latest findings of Neuroscience by using a Mindfulness approach to encourage participants to develop skills to recognise and manage stress successfully.

With improved interpersonal communication and healthy assertiveness skills, they'll be competent to defuse potentially difficult situations before they escalate.

The course is delivered in 8 x weekly 2-hour sessions. Participants receive a pre-course interview and brief assessment, a workbook, access to guided meditations, and an individual session during the course.

You can't change habits of a lifetime in the space of 8-sessions. The accompanying materials will assist participants to consolidate their skills during the course and in the ensuing weeks. Long-term success is assisted by the weekly home activities outlined in the workbook, as well as bonus meditations in week 8.

Who should attend?

Managers, teams, leaders, staff – everyone who wants to develop and maintain calm and resilience.

Group Size

A minimum of 4 to a maximum of 8 participants is recommended for the best outcome.

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