

## Mindfulness at Work

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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. Workplaces need proven strategies to respond effectively. Employees at all levels with stress management skills can better maintain health and resilience when things get tough. Protect your staff. Take action ahead of time.

### 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

Participants each receive a pre-course interview to inform them about the course. Delivery is in eight weekly 2-hour group sessions. Each week meditation and other skills are taught. Sessions begin with feedback and discussion. Participants set person goals and goals for the whole group. These are assessed at the start and finish of the course to gauge progress.

Notes and access to on-line meditation recordings are provided. Long-time habits won't change in just 8 weeks. The materials provided will assist participants to achieve lasting change.

### 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 to arrange your course.

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