About 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. 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. Don’t wait till anxiety, depression, panic and other forms of stress kick in. Be ahead of the game!

# About the Course

*Mindfulness at Work* is a small group training course that teaches Mindfulness and other skills to manage stress when threats appear. The latest findings of Neuroscience show that Mindfulness practice calms the brain centres affected by stress. We deal with stress and threats 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

Prior to course delivery, each participant receives a pre-course interview to inform them about the course and check suitability. Delivery consists of eight weekly 1.5-hour group sessions. Participants set personal and group goals at the first session. To gauge progress, goals are assessed at the first and last session. Remaining sessions consist of feedback, psycho-education, new learning, practices and home activities. Comprehensive workbooks and links 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. Optional are pre and post course assessments and reports.

# Participants

Six participants are recommended for small group cohesion and support. Other numbers can be negotiated. 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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