

About MiCBT for Workplaces

Do you want your staff to:

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

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. MiCBT training for your staff is what you need!

How MiCBT Helps

MiCBT (Mindfulness-integrated-Cognitive Behaviour Therapy) combines the skills of Mindfulness meditation with those of Cognitive Behaviour Therapy. Together, these skills are very effective in managing stress and all stress-related conditions, both serious and non-serious. An MiCBT group program is ideal for your workplace to keep staff emotionally and mentally healthy.

Learning Objectives

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, relationships and workplace culture
- ◆ Prevent relapse and maintain their skills

Format

Participants receive a pre-course interview and an individual session during the course (more if needed). Delivery consists of nine weekly 2-hour group sessions. Participants set personal and group goals, rated to measure progress. There is new learning at each session, feedback and activities. Participants receive workbooks and links to downloadable meditation recordings. The materials will assist participants to achieve lasting change.

Participants

Ideal for 6-8 participants. All levels of the workplace are affected by stress, and so all will all benefit. Protect your staff. Take action ahead of time. Don't wait till anxiety, depression, panic and other forms of stress take over. Be ahead of the game! Why wait? Get in touch now! Contact me below for more information and to arrange your course.

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