

MiCBT for Workplaces – Build Resilience and Manage Stress



Daily change, pressure and unpredictability can undermine your staff

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. Mindfulness training is what you need!

MiCBT is very effective way to learn about Mindfulness. *MiCBT* will help you to:

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

MiCBT draws on the latest findings of Neuroscience. Mindfulness practice change brain parts associated with stress. It promotes relaxation, calm, acceptance and importantly, emotional regulation. People are then better able to manage whatever stresses unexpectedly occur.

MiCBT can be delivered in a small group format to help workplaces manage stress, workplace or personal, serious or non-serious.

There is brief pre-course interview, followed by 9 x weekly 2-hour sessions. Participants receive workbooks, links to guided meditations and a 1-1 session to check ensure and support progress.

These materials will assist participants to consolidate their skills during the course and afterwards. Long-term success is assisted by the weekly home activities outlined in the workbook, as well as bonus meditations in week 9.

Who should attend?

Managers, teams, leaders, staff – everyone who wants to develop and maintain calm and resilience. 6-8 participants is ideal – otherwise a minimum of at least 4.

For further information, please contact:

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