

Mindfulness and building resiliency

Duration: **Half Day and Full Day Sessions**
Method: **Instructor Led**



Course Overview

Mindfulness, an ancient practice that is now being proven by science to have many benefits. It can help staff to respond to change with less stress, think clearer and be able to take on the many distractions of a modern workplace. Practicing mindfulness at work has proven to decrease employee absenteeism, boost creativity and innovation, team building and leadership development, reduce stress and build resilience, build emotional intelligence and increase workplace performance and productivity.

Come along to this interactive and fun session and be introduced to an assortment of mindfulness tools and strategies designed for health and well-being in the workplace..

This session will cover

- What is mindfulness and how it is relevant and important to mental health and well-being
- Use of mindfulness to help de-clutter a busy mind
- How multi-tasking is a myth and how uni-tasking will improve performance and depth of experience
- Responsive skilful behaviour to stressful situations and stress triggers rather than reacting in an unskilful way
- How thinking and emotions effect your communication and relationships with others
- Simple mindfulness practices and techniques to become calm under pressure and in challenging situations.

5 reasons why you should come to Mindfulness and Resiliency

1. You're looking for practical techniques to integrate and cultivate mindfulness into the working life
2. You're curious about what this is and who it might be useful for
3. You'd like to offer your team some extra support as they move through the challenges of a busy work life
4. You have strong desire to build more capacity in your team
5. You're an existing mindfulness advocate and would like to join others taking the journey



LEARNING AND DEVELOPMENT
CAPABILITY BUILDING

MCBI
it is all about people