

MINDFULNESS IN THE WORKPLACE

The workplace can be one of the most stressful places in life, with constant pressure which can affect mental health. This course is designed to provide delegates with valuable tools to help reduce stress, increase employee engagement, improve focus and boost overall emotional well-being. Mindfulness training has been clinically proven to help employees build these resources.

A Mindfulness Course designed for the Workplace

People experience greater well-being and fulfilment in the workplace once they learn how to manage stress, responding rather than reacting in a habitual way by developing interpersonal skills that aid good working relationships. Mindfulness research has been clinically proven to help employees obtain these skills.

The fast momentum of modern living means that the stress levels of many employees are at an all time high.

Job pressures and general day-to-day life stresses can lead to a feeling of overwhelming negative emotional states, such as burnout, anxiety and depression.

It is through the filter of these negative emotional states that employees are attempting to perform well in the workplace.

However, the negative impact of stress on the body and the mind's sense of well-being will inevitably result in the stress levels being maintained or even increasing in the body and mind.

Mindfulness offers effective tools to allow us to navigate these stresses more skilfully.

In the workplace Mindfulness offers the following benefits:

- Increased levels of employee engagement
- Reduced levels of stress and anxiety
- Better workplace relationships
- Improved resilience
- Better organisational communication
- Enhanced mental well-being
- Deeper levels of focus
- Greater access to decision making skills
- Improved emotional well-being
- Increased job satisfaction



Course Objectives

This course gives attendees a range of key mindfulness and meditation skills which they will be able to apply to enhance both their work and personal lives. The course is experiential so that attendees will feel the benefits of Mindfulness on the day, thereby enhancing their mental and emotional well-being. They will be taught how to adapt these mindfulness techniques to their unique life and work situations.

Overview

Our mind is the most powerful than the most sophisticated computer on the planet, yet we have never received an instruction manual on how to use our minds. The negativity bias of the mind ensures that left to its own devices our minds can develop unhelpful thinking styles which can work against our own desire for happiness. These negative thought patterns will impact on our happiness levels, work performance and our mental and emotional well-being.

The MindSafety **Mindfulness at Work** training course, based on Mindfulness Based Stress Reduction, allows attendees to increase happiness levels, enjoy greater emotional balance and reduce stress and anxiety levels. Research has shown that after as little as two weeks Mindfulness training, people were happier, could deal with stress better, and had better relationships, both at work and in personal life. These benefits increased the longer Mindfulness was practiced.

Why this course is unique?

Our **Mindfulness at Work** course is based on the latest scientific research, which suggests additional psychological tools are combined with Mindfulness to obtain enhanced benefits.

The original Mindfulness research was based on Mindfulness as a standalone intervention. However, as science has progressed, research has shown that when Mindfulness is combined with tools from **Cognitive Behavioural Therapy (CBT)** and **Positive Psychology** (the study of happy people), the benefits from Mindfulness practice are greatly improved.

These two additional tools allow existing thought patterns in the conscious and unconscious minds to be addressed and dissolved. In that way course attendees can experience deeper and longer levels of Mindfulness practice, uninterrupted by existing negative thought patterns that would previously have sabotaged any attempts to practice Mindfulness.

This **Mindfulness at Work** course is primarily focused on Mindfulness, with CBT and Positive Psychology providing supporting tools to enhance Mindfulness practice. This combination offers participants an integrated approach to true happiness and well-being in life.

Who is the course for?

Any staff member who would like to experience improved health, improved psychological well-being, increased happiness and reduced stress.

Training Style

The Mindfulness course is experiential in nature and provides attendees with the necessary skills to establish and maintain their own Mindfulness practice, both at home and in the workplace.

On this one day course Mindfulness and Meditation techniques are practiced so that attendees feel an actual, as opposed to an intellectual understanding of what Mindfulness is.

Interaction is encouraged on the course so that on completion attendees are equipped to put their Mindfulness skills immediately into their work and home situations.

Course Content

- A brief history of Mindfulness.
- Contemporary research findings from Neuroscience on the benefits of Mindfulness.
- What is Mindfulness?
- Practical tools to integrate Mindfulness into everyday life, immediately.
- Mindfulness exercises.
- The connection between thoughts and feelings, and how to control and alter these mind states.
- Flow - the Psychology of Happiness and it's importance in the workplace.
- The 10 most common Unhelpful Thinking Styles and how eradicate these through using Cognitive Behavioural Therapy (CBT) techniques.
- How to enhance happiness levels and reduce stress through the use of scientifically validated tools from Positive Psychology.
- Experience of Meditation practices.

Course Availability

This course is available to run in-house or off-site and can be tailor-made to suit your organisational needs.

Course Format

Course duration:	5 learning hours over one day
Maximum numbers per course:	15
Additional support:	Follow on coaching sessions available
Resources provided:	Course Handout & links to online resources & information

**For more information about this course please contact our
Mindfulness Training Team on**

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