

An introduction to Mindfulness at Work



This experiential, introductory workshop aims to explore the application of mindfulness in a workplace context, as a way to increase concentration, creativity and resilience to stress

Suitable for: All staff, managers, and those with an interest in workplace wellbeing

Duration: 2.5 hours

Aims and Objectives:

- To understand how simple mindfulness approaches can enhance workplace performance and emotional health
- To practice a brief mindfulness tool that can be used anywhere and at any time
- To gain insight into your own stress triggers and how mindfulness can help you make more positive choices for yourself

Content

1 Welcome

- Introductions & expectations

2 What is mindfulness?

- Debunking the myths – **Discussion in pairs and group**
- Where's the evidence? The explosion in research
- Mindfulness applications in the workplace - summary
- **Exercise:** The Chocolate Meditation

3 Mindfulness, memory and focus

- Mindfulness and short term memory capacity , focus and decision making
- What's my short term memory capacity? **Exercise**

An Introduction to Mindfulness at Work Cont'd

4 A Brief Mindfulness Practice - Exercise

5 Other Workplace Applications of Mindfulness

a. Stress management

- How mindfulness reduces stress and sickness absence

b. Contagious emotions

- Emotion regulation in a workplace context
- How mindful leaders can influence and motivate their staff positively, plus a useful framework for team members

c. **Compassion, empathy and Corporate Social Responsibility** : the effect of Mindfulness practice on interpersonal relationships and attitudes to others

d. **Creativity**: curiosity, creativity, and mindfulness **Reflective Exercise**

6 A Short Mindfulness Practice for Workplace Stress

- How it works and how to apply in daily life

7 Summing Up and Conclusion

This course includes elements of didactic teaching, group participation, individual reflection and fun! This course is most suited to groups of up to 12 participants to ensure maximum opportunity for participation. All our trainers are experienced Mindfulness teachers with appropriate qualifications from the Centre For Mindfulness Research at Bangor University and many are mental health professionals. Our trainers teach lead groups with a facilitative, informal style.