

# An Introduction to Mindfulness at Work



This experiential, introductory workshop explores 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 mindfulness tools that can be used in different workplace settings to enable greater presence and focus
- 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
- Where's the evidence? The explosion in research
- The benefits of a mindful workplace (summary): Focus, stress resilience, empathy and creativity
- Our innate capacity for mindfulness: **Exercise** (The Chocolate Meditation)

### **3 How does mindfulness work?**

- The impact of mindfulness on emotion regulation, physiology and neuroscience

### **4 Clarity, focus and performance**

- Why training our 'attentional muscle' re-wires our brain and helps our focus and decision making
- **A Mindful Minute - Exercise**

## An Introduction to Mindfulness at Work Cont'd

### 5 **Stress, Resilience and Wellbeing**

- How mindfulness reduces stress and sickness absence
- Emotion regulation in a workplace context and how this enables us to thrive
- **A Short Mindfulness Practice for Workplace Stress (Exercise)**

### 6 **Compassion, Empathy and Corporate Social Responsibility**

- The effect of mindfulness practice on interpersonal relationships and attitudes to others
- Contagious emotions – how mindful leaders influence and motivate their staff positively and inclusively, plus a useful framework for team members

### 7 **Creativity and Innovation**

- Curiosity, creativity, and mindfulness **Exercise**

### 8 **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 and Practice at Bangor University and many are mental health professionals. Our trainers lead groups with a facilitative, informal style.