

# Mindfulness @Work

## A 1 day introductory workshop

### overview

An Introduction to the practice of Mindfulness. A fundamental enabler of high performance, resilience, well-being and happiness.

The wide ranging benefits of a Mindfulness practice on wellbeing, stress reduction, resilience, concentration, high performance and Emotional Intelligence are now well supported by scientific research. Employees at all levels of the organization can benefit from a skillful and regular practice.

This Mindfulness @Work training program provides participants with a comprehensive introduction to the practice and benefits of Mindfulness (half and one day initial workshop formats) and a facilitated 8 week journey in exploring its benefits and reaping the rewards.

### outcomes

Mindfulness has already become an advantage in the corporate world. Documented benefits of mindfulness include improved capacity to focus, to quickly shift strategies, and to make better decisions.

- ✓ Develop self-awareness
- ✓ Increased capability to skilfully choose response to triggers
- ✓ Increased capability to regulate impacts of daily stresses
- ✓ Increased creativity and focus

### some of the skills participants will gain are...

- Increased capability and capacity to skilfully choose response to triggers and avoid reactivity.
- Increased capability to regulate the impacts of daily stresses.
- Skills and competence to begin a personal Mindfulness practice.

### key info

**Date:** Bespoke to your company's needs.

**Location:** Bespoke to your company's needs.

**Contact:** [info@lea-p.com](mailto:info@lea-p.com) to enrol

