

THE MINDFUL WORKPLACE

- ✚ *"I feel calmer, more relaxed and feel I have been more productive at work."*
- ✚ *"This is probably the only course I have been on where afterwards there is so much to take away with you that you can keep and use in your daily life."*



- ✚ *"Learning not to be judgemental in my thoughts has allowed me to develop some better working relationships and complete more successful negotiations."*

- ✚ *"As a group it is massively helpful to provide structure, different perspectives and reinforcement. This is a really brilliant course which is helping me."*

- ✚ *"I have developed some new coping strategies for challenging situations."*

The practice of mindfulness is widely acknowledged to deliver very tangible benefits, including:

- ✚ strengthening personal presence
- ✚ awareness of our thoughts and physical state
- ✚ maintain and support personal wellbeing
- ✚ awareness and regulation of own emotional state
- ✚ management of our personal stress levels
- ✚ develop an awareness of our habitual and routine behaviours



In the workplace these can manifest as very effective professional behaviours, such as:

- ✚ improving concentration and focus
- ✚ increasing productivity and performance
- ✚ increasing resilience and ability to handle pressure and stress
- ✚ promoting clearer and more balanced judgement and decision making
- ✚ strengthening the ability to work with and alongside others
- ✚ developing awareness and understanding of the needs of colleagues and clients
- ✚ reducing levels of conflict – with self or others

These are attributes which are applicable throughout an organisation, they directly correlate with engagement and effectiveness. They reflect a fundamental learning experience that is equally appropriate at all levels, from receptionist to Chief Executive.

DELIVERY OPTIONS

We offer a foundation to mindfulness in the workplace which runs over four weeks, or a full eight week programme. Bespoke options can also be delivered where required.

- Four weeks: Fixed price group (up to 20), starting at £1750, or £130 per person (min 10).
- Eight weeks: Fixed price group, starting at £3250, or £250 per person.