
mindfulness in Action

PROGRAM OVERVIEW:

Regular mindfulness practice can have a profound impact on our personal and professional lives. It can help improve sleep, create a greater sense of wellness, give us mental clarity and focus, enhance relationships, and increase productivity and performance.

This series is an introduction to mindfulness and explores the science of mindfulness and the different ways we can take action to create mindfulness habits in our lives.

KEY LEARNING OUTCOMES:

- Utilise a range of formal and informal mindfulness in action practices
- Increase vitality and energy
- Combat stress, build resilience and improve wellbeing
- Enhance your professional and personal relationships and communication.

WHO SHOULD ATTEND?

- This series would suit groups of up to 15 team members and/or leaders
- This series is for those new to mindfulness or those who have had some experience and looking to broaden out their practice or get their mindfulness practice back in action.

PROGRAM INCLUSIONS:

- Pre program mindset and goals template to set individuals up for success and maximise their experience in the series
- Workshop notes capturing key details, concepts and tools
- Insights to action worksheet to inspire and motivate changed thinking and behaviour
- Mindfulness in action options to put the session into action
- Post program reflection and learning integration.

DURATION:

- 4x 1hr sessions
- These can be delivered fortnightly or monthly.

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PROGRAM PREREQUISITES:

There are no prerequisites for this program.

DETAILED PROGRAM OUTLINE:

Session 1:

Understanding the science of mindfulness.

Session 2:

Tuning in, not out.

Session 3:

The cognitive skill of gratitude and optimism.

Session 4:

Kind-fullness, connection and compassion.