

Mindful at Work

Changing the way you work



My Off Switch 1-day Intensive Workshop

Incorporating simple mindfulness practices into daily routines to change the way you work.

Condensed 1-day intensive workshop for groups or teams to introduce the benefits of mindfulness in the workplace.

Workshop (6.5 hours)

- » How constantly being busy and feeling pressured increases stress and mind wandering
- » The impact of chronic stress on physical, mental, and emotional health
- » Neuroscience - how mindfulness regulates attention and emotions
- » How mindfulness counterbalances an innate negativity bias, allowing our inner commentary to be more open, accurate and flexible
- » Debunk common myths and misconceptions about mindfulness
- » Differentiate between formal and informal mindfulness practices
- » Practice mindfulness by experiencing mindfulness
- » Design a mindfulness strategy that works for you
- » Practise the stages on mindfulness: preparation, relaxation, mindfulness of body and emotions
- » Decide your intention for self-development

PLUS design a mindfulness plan to incorporate mindfulness into work-life routines. Leave with everything you and your team need to start practising immediately.

Learning how to manage your attention is like a bicep curl for your brain.

My Off Switch 1-day intensive workshop explores the benefits of mindfulness to rediscover a calmer, centred and more grounded you.

Mindfulness is known to:

Improve cognitive ability and reduce negativity bias

Reduce stress (increase resilience and adaptability)

Improve health and happiness (less illness and absenteeism)

Enhance self-awareness (monitoring emotions and managing behaviours)

Reduce emotional reactivity (self-regulation)

Build emotional intelligence (better leaders, managers and teams)

Improve focus, productivity, and efficiency (reduce workplace accidents and errors)

Boost creativity (solution-focused, innovative thinking)

Strengthen relationships (improve connectivity, lessen conflict)

Includes participant workbook and 'Mindful at Work' App

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