



## Mindful at Work

### My Off Switch 28-Day Challenge

Explore the benefits of being more mindful at work in a 3-hour workshop. Includes access to the 4-week self-directed app-based program.

#### Specifically designed to help people manage the BIG FOUR workplace challenges:

1. Pressure and stress
2. An always-on culture
3. Information overload
4. Non-stop distractions

#### Workshop covers:

- » The impact of constant distractions, mind-wandering, busyness and stress
- » The science and benefits of mindfulness
- » How mindfulness reduces stress, lessens negativity and cognitive bias
- » Distinguishing between mindfulness and meditation
- » Debunking the many myths
- » Experience practical mindfulness exercises
- » Take-away simple tips & tools for over-coming common hurdles

#### PLUS, setting you up on the app-based program:

Housed on the Mindful at Work app: **all course content**, **guided audio** and **'habit hacks'** - simple ways to maximise self-care, boost performance and change behaviours at work.

**Optional:** Weekly group facilitation of the 4-week program (1-hour per week over 4-weeks) to consolidate learning and to maximise benefits.



Kerene Strochnetter is the Managing Director of **Mindful at Work**. She uses her extensive experience as a Nurse, Teacher, Academic Leader, Principal Consultant and Mindfulness Trainer to show you how to use mindfulness to manage real workplace challenges.

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