

Mindfulness – an introduction

Overview

Mindfulness is a practical technique for developing a greater sense of awareness and focus on the present moment. It is the opposite of mindlessness, meaning that actions and reactions become conscious and deliberate. It is an extremely useful tool for any busy work environment.

Currently being used by the likes of Google and Pepsi, mindfulness can be adopted within the workplace to reduce stress and anxiety, provide greater focus and clarity, improve leadership capabilities and enhance the general wellbeing of staff at all levels. This workshop has been developed for forward-thinking organisations wanting to make a real and sustainable commitment to improving workplace wellbeing and productivity.

Benefits

- Greater focus and clarity at work
- Improved time management skills
- Improved stress and anxiety levels
- Improved communication
- Enhanced workplace wellbeing

Learning objectives

This workshop will help you to understand the basic principles and benefits of mindfulness, and how it can be used in the workplace setting.

It will also enable you to develop techniques to alleviate overwhelming feelings of stress or anxiety, prepare for important or challenging meetings, and generally achieve a greater sense of focus, clarity and calm whilst dealing with a hectic schedule.

Who should attend?

Managers and staff at all levels.

Format

This workshop can be delivered as a bite-sized, half-day or one-day session for up to 8 people.

The expert trainer

Rosie is on a personal mission to empower every corporate employee to become a wellbeing 'warrior' not a 'worrier'. Having worked in the corporate sector herself for over seven years (in a range of high level sales, recruitment and partnerships roles), Rosie has seen first-hand how important it is to look after both physical *and* mental health to be able to perform and collaborate effectively, and how, so often, the latter gets overlooked in our busy fast-paced 'work hard, play hard' office culture.

Rosie's lively and engaging sessions combine mindfulness, exercise and theatre-based techniques and counselling skills to help clients understand how to manage stress and anxiety within the workplace. They are particularly popular with busy millennial companies (tech start-ups, media agencies, charities, SMEs, etc) alert to the need to maintain and enhance mental health and wellbeing, as the following testimonials show:

'The introduction to mindfulness was engaging, eye-opening and allowed each person to come away with some practical tools to implement in their daily lives, no matter where they were on their journey in mindfulness.'

It gave us an opportunity to take some time out as a team during a very busy period, to reconnect and to have a sense of renewed energy and motivation.

Rosie was an excellent trainer and facilitator, making everyone feel at ease to share their thoughts. I would highly recommend this course to any company that wants to ensure they have a cohesive, effective and healthy team.'

Joanna Deagle, CEO, Cafe Football

'Rosie ran a workshop for agenda21 on *Introduction to Mental Wellbeing*. She was such a pleasure to work with, and tailored her presentation to match the level we needed for the business. Rosie managed to get even the most reticent team members involved and participating in the session, and we would definitely work with her again.'

Alice McKeown, People Manager Agenda 21