



Mindfulness at work

We spend a lot of time at work. Many of these hours can be rewarding and satisfying. At times our working hours can be stressful, produce anxiety and make it difficult to concentrate and do our best work.

Has this ever happened to you?

- Having a conversation and not hearing what the person just said?
- Having an argument with someone in your mind and you haven't even seen them yet?
- Driving to work and not remembering the colour of the lights or how you even got there?
- Waiting for the weather report on the radio only to find your attention has drifted off at the very moment the weather report is given?

These are some examples of our attention drifting away from what is happening right now. Often our drifting attention is taking us to the past where we may have regrets, or anticipating events in the future, causing unnecessary anxiety.

Learning to use mindfulness at work is one way to address 'attentional drift' and bring us back into a state of calm and clarity. When we're calm and clear, we make better decisions and perform at our best.

Mindfulness can assist with difficulties such as: unregulated stress, states of anxiety, depression, distress, anger/irritation, fatigue, headaches, chronic pain and ongoing illness. Mindfulness cultivates resilience by establishing a practice of restorative relaxation, improving immune functioning and nervous system regulation, increasing concentration, clarity and creativity and much more.

Mindfulness Taster

This 2-hour workshop introduces you to mindfulness in an experiential way. What the research says about the benefits of mindfulness and a practice you can take home with you to try.

- Audience – anyone in the workplace
- Participant numbers – Min 10 and Max 50

A Day of Mindfulness

This all day experiential workshop introduces a variety of mindfulness practices. Topics include stress physiology, the latest in mindfulness research, practices to try at home and time to discuss the implications for your life.

- Audience – anyone in the workplace
- Participant numbers – Min 10 and Max 50

Mindfulness at Work Course

This eight-week course of 1.5 hours in length explores the practice of mindfulness in a deeper way. Participants learn how to use mindfulness daily, develop your own practice, do exercises to enhance your understanding of how to reduce stress and enhance your well-being.

- Audience – anyone in the workplace
- Participant numbers – Min 10 and Max 20

Getting Unstuck Mindfulness Based Stress Reduction

This eight-week course of 2.5 hours in length takes you on an experiential journey of mindfulness through a variety of mindfulness practices, exercises of self-discovery on what causes stress and how to manage it, interpersonal mindfulness and developing a daily practice. The length of the class both in weeks and hours (including an all day workshop on a Sunday) permits those who are interested to work intensively with the difficulties in life and develop strategies to address them.

- Audience – anyone interested
- Participant numbers – Min 6 and Max 15