

AMINDSET Training Program 2

Resilience & Mindfulness Training

Some people work well under pressure, others just become overwhelmed. The Resilience & Mindfulness Training workshop can support individuals by helping them be more present to manage the pressures of corporate life. We all live very busy lives with not enough hours in the day to do the work required. The Resilience and Mindfulness Training will provide effective tools to help us become more aware. Only then will we be able to give our attention to what is happening in the present moment, instead of fretting about something that has not occurred.

The Resilience & Mindfulness Training Workshop will include:

- What it means at an individual level to be resilient in the workplace
- Explore different approaches to working and being resilient
- What is mindfulness and how it helps with resilience
- How mindfulness can be used when experiencing stress, feeling overwhelmed and other emotional & mental areas of life that diminish our effectiveness at work
- Putting mindfulness into practice
 - Exercise
 - Breathing
 - Focus
 - Meditation
- Increasing awareness of personal resilience
 - How you act under pressure

- Bringing awareness to your habitual reaction patterns to stress and demands
- Using mindfulness to manage pressure and to instead enhance your resilience to pressure

Contact us to find out more about our Resilience & Mindfulness Training courses for employees and employers.