

# MINDFUL CULTURE

## Mindfulness in the Workplace - 8 Week Course Overview

Our Mindfulness in the Workplace course is based on the Mindfulness Based Stress Reduction (MBSR) adapted for the workplace. This means that we draw on the key elements of the syllabus of the MBSR course and integrate our own workplace context.

The 8 week course covers weekly 2 hour modules usually over 8 consecutive weeks. Each weekly module takes place in a group format allowing group participation, discussion and reflection which is a key part of the course experience.

We aim to balance the natural personal enquiry which takes place on the course with stimulus for its application in the workplace context, allowing participants to explore for themselves the many ways in which they might choose to use mindfulness to support their work.

In each module we explore how mindfulness relates to a different aspect of work and we support this with engaging shortform weekly email content (sent after each module) designed to encourage thinking and further discussion.

The course handbook includes links to the key downloadable practise tracks as well as practical exercises. We encourage participants not to read ahead in the workbook and instead meet their experience as it occurs. Daily home practise of approximately 30 minutes per day is an important part of the course allowing participants to build experience of the practise.

## Course Structure

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| <b>Session 1</b> | <b>Noticing Automatic Pilot</b><br>Living in the moment and becoming more engaged and considered.  |
| <b>Session 2</b> | <b>Perception</b><br>How our interpretations and judgements stop us being effective and happy.   |
| <b>Session 3</b> | <b>The Power of Being Present</b><br>Maintaining focus and concentration and avoiding distraction.   |
| <b>Session 4</b> | <b>Staying Present / Noticing Stress</b><br>Reducing stress levels and stress related illness.   |
| <b>Session 5</b> | <b>From Reaction to Response</b><br>Cultivating a Curious and Creative Mindset   |
| <b>Session 6</b> | <b>Mindful Communication</b><br>Building resilience, empathy, EQ and awareness of others.  |
| <b>Session 7</b> | <b>How can I best take care of myself?</b><br>Exploring how to manage the demands of an always-on culture.                                       |
| <b>Session 8</b> | <b>Using what has been learned to help the creation of a mindful culture</b><br>Exploring using mindfulness to effect positive change around us. |