

Finding Balance Through Mindfulness

Course outline

Provided by: Performance Management Consultants – PMC Training



Reference no.	162-16
Duration	1.00 day(s) 6:00 hours ¹
Website link	https://pmctraining.com/training/finding-balance-through-mindfulness/

Reducing Stress and Improving Your Resiliency and Wellbeing at Work in a VUCA World

The practice of mindfulness – centering your attention in the present by focusing on the breath – has been around for thousands of years. A growing body of scientific research demonstrates that a regular mindfulness practice can have a powerful impact on your well-being and wellness through how you think, feel, act, relate, perform and collaborate at work – reducing the daily stress of life in a VUCA world – volatile, uncertain, complex and ambiguous.

On an individual level, mindfulness practice helps you to control your emotions and stress – anger, frustration, fear – so you can be inquiring, thoughtful, logical, rational and strategic, and focus on the work that needs done, rather than on the situations that may distract you from your priorities. In effect, being mindful and aware allows you to be compassionate, acknowledge emotion and move towards logic and reason in any situation. This results in a better state of mind, health and wellness for mental clarity and endurance through the daily challenges of life.

This one-day interactive workshop, facilitated by a long-term workplace mindfulness practitioner, will show you how to integrate mindfulness with emotional intelligence and organizational behaviour theories and tools, so you can immediately begin to enhance your own well-being and improve your relationships and effectiveness at work.

Learning outcomes

By the end of this workshop, you will be able to:

- Realize how stress can be insidious – hamper your health and well-being in the long run and can get in the way of clarity of mind, good relationships and performance
- Be mindful, compassionate and reflective and gain self-knowledge in order to manage your own thoughts, emotions, stress and action
- Learn mindfulness tools based on the breath to manage emotions and to respond with reason in difficult situations

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Learn about how mindfulness impacts on emotional intelligence
- Find balance in the way you work, and learn key techniques to positively influence difficult situations and people
- Find calm and composure throughout day-to-day uncertainties and challenges

Workshop topics

- The insidious nature of stress
- Tuckman's Team Development Model and how conflict is a normal part of life
- Neuroscience of stress and impact on emotion, health and well-being.
- How mindfulness impacts emotional and relationship intelligence
- Mindfulness practices - tools and methods
- Communications and the 4 questions for clarity
- How mindfulness tools can be applied in day to day professional and personal lives

Prerequisites

There are no prerequisites for this course

Who should attend this course?

Anyone who wants to improve their self-awareness and find novel mindful tools and methods for dealing with the stresses of life at work and home.