

# MINDFULNESS

**Mindfulness. Everybody's embracing it. From Google to the NHS and Transport for London. Even Harvard Business School includes mindfulness principles in its leadership programmes.**

**So what is mindfulness? In its simplest form, mindfulness means awareness. Practicing mindfulness offers a way to pay attention to the present moment, without judgment.**

**Mindfulness can help to reduce stress and anxiety and conflict, and increase resilience and emotional intelligence, while improving communication in the workplace.**

## COURSE BRIEF

This workshop or series of workshops creates an opportunity for you to engage with Mindfulness.

Whether it is carrying routine day-to-day tasks, taking a break or discovering the power of the breath, the workshop is designed to illuminate the pragmatic nature of Mindfulness and how it can be applied to everyday life.

With mindfulness we can learn to transcend ordinary thinking and inhabit a way of being that allows us to experience our lives directly. Mindfulness is the ability to leave the past behind us, while also not projecting ourselves into a catastrophic future. Instead we learn to live in the present moment where our real lives are unfolding, where we can make skilful, life-enhancing choices.

This workshop would be of interest to people who have little or no experience of Mindfulness, either theoretical or applied.

## WORKSHOP COVERS:

- Understanding what mindfulness is and isn't
- What the research tells us
- The key principles to a mindful approach
- Mindful Practice
- Stepping out of auto pilot
- The habit of thinking
- The relationship between mindfulness & creativity
- Mindfulness; finding calm in a frantic world

### Delivery options:

2hr Introduction (Minimum of 10 people)

Full Day Master Class

Can also be delivered one hour per week over six weeks

Please contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for fees