

MINDFULNESS MOVEMENT



OVERVIEW

Mindfulness is scientifically proven to reduce the negative impacts of stress and improve the ability to stay centred, an essential skill for leaders. It is a key component of wellness and resilience, important for healthy relationships and effective leadership.

This short course will help participants cultivate the habit of mindfulness through the accountability of a group and applying the expertise of James Clear, author of Atomic Habits, in habit creation. The course provides the science of mindfulness, the theory and experience of five (5) different techniques, and a community of practice.

KEY OUTCOMES

- Introduction to mindfulness and the science behind it
- Introduction to the theory & practice of habit creation
- Experience the positive effects of mindfulness on the mind, body, and spirit
- Cultivation of a daily mindfulness practice



WHO SHOULD ATTEND

Anyone who is experiencing increased levels of stress; as well as leaders and team members who want to improve their general well-being and effectiveness under pressure.

DURATION

Five 45-minute sessions over five days; or six 45-minute sessions over six weeks.

DETAILS

This course is presented online and comes with a workbook and a resource list.