

The Virtual Wellbeing Academy



Mindfulness

Ancient wisdom for the modern workplace

Drawing on over 2,500 years of wisdom and tradition updated for the modern world, mindfulness is a powerful practice for combatting stress and boosting performance. Adopted by leading organisations around the world, it is a research-based approach that increases emotional intelligence, improves decision-making and heightens focus and creativity.

Mindful Moments brings together the essential foundations for developing a lasting mindfulness practice. These short and engaging sessions combine the latest research with practical exercises. It is a complete mindfulness programme that can be tailored to the needs of your organisation.

1. **Introducing Mindfulness:** Step out of autopilot and into awareness
2. **Monkey Mind:** Take control of your thoughts
3. **Mindful Movement:** Reconnect with your body
4. **Working in the Moment:** De-stress and re-focus
5. **Mindful Relationships:** Build deep and lasting professional relationships
6. **Mindfulness at Home:** Switch off, relax and re-balance
7. **Mindful Leadership:** Open the door to mindful leadership

Delivered by highly experienced facilitators, Mindful Moments group sessions come in two formats:

Virtual Classroom	Webinar Events
For up to 20 delegates	For up to 100 delegates
<ul style="list-style-type: none"> • Individual workbooks • Time to share ideas as a group • Breakout rooms (for longer sessions) • Feedback on key learnings • Interactive elements such as online polls 	<ul style="list-style-type: none"> • Live facilitated delivery • Individual workbooks • Interactive elements such as online polls • Live Q&A sessions

“You can’t stop the waves, but you can learn to surf.”

Jon Kabat-Zinn, ‘Wherever You Go, There You Are’

Mindful Moments

Delivery:	Virtual classroom (5 - 20 people) Live webinars (up to 100 people)
Duration:	45-60 mins
Suitable for:	All employees



1 Introducing Mindfulness

Course Overview

Mindfulness is a powerful psychological skill that develops greater focus, attention and control. Introducing Mindfulness looks at the principles that underpin the practice and introduces accessible techniques that can be put into practice straightaway.

Course Outcomes

- Understand the key principles of mindfulness
- Take control of your auto pilot
- Practice easy-to-implement mindfulness techniques

2 The Monkey Mind

Course Overview

Our thoughts can seem unstoppable - umping around from idea to idea, feeding our emotions and losing sight of what's fact and fiction. Monkey Mind will help you understand the way the mind works and will introduce mindfulness techniques to manage your thoughts.

Course Outcomes

- Become aware of unhelpful thinking patterns
- Understand the relationship between thoughts, feelings and behaviours
- Learn practical mindfulness techniques for noticing thoughts

3 Mindful Movement

Course Overview

Most of us spend so much time in our heads that we forget we have a body. But our body and mind are in a constant feedback loop. Increased physical awareness not only develops a connection to our body, it can have a calming and positive impact on our mental state. Mindful Movement introduces practical movement and body awareness practices to re-integrate body and mind.

Course Outcomes

- Understand the feedback loop between body and mind
- Learn practical mindful movement exercises
- Practice the body scan to increase physical awareness

4 Working in the Moment

Course Overview

Stress at work is a leading cause of absenteeism and can have long-term health consequences. Mindfulness is a proven technique to help reduce stress. Working in the Moment focuses on mindfulness techniques that can be instantly applied and used in the workplace.

Course Outcomes

- Activate the calming response to reduce stress
- Learn easy to implement mindfulness techniques (e.g. Thought Tone and Grounding)
- Zone in to foster focused attention

5 Mindful Relationships

Course Overview

Professional relationships whether with colleagues, customers or clients, are key to an organisation's success. The practice of Mindfulness can enrich and deepen these relationships and in this session we will explore how to interact to develop a deeper sense of connection.

Course Outcomes

- Learn the principles of mindful communication – even when remote
- See the opportunity in difficult conversations
- Develop greater kindness, connection, empathy and kinship

6 Mindfulness at Home

Course Overview

Do you ever find yourself at home, but still thinking about work? Perhaps the line between work and home has become blurred? We spend long periods of time at work and, due to technology, it is getting much harder to switch off. Mindfulness at Home explores ways we can switch off, relax and find balance.

Course Outcomes

- Build awareness of thinking habits
- Build mindfulness into your daily routine (eating and commuting)
- Switch off and detox from tech

7 Mindful Leadership

Course Overview

Leaders play a huge role in influencing workplace culture. Faced with constant change and shifting demands it can be easy to lose focus. Mindful leaders are aware of their internal compass, they lead from a place of authenticity and they respond to challenges with awareness, calm, integrity and courage.

Course Outcomes

- Learn strategies for mindfulness in action
- Understand the hindrances to success
- Cultivate the qualities of mindful leadership