

MIND101

workplace Mindfulness for Care Teams

"Mindfulness at Work: Unlocking Your Full Potential for Success"



In the fast-paced world of today's workplaces, employees often face common challenges like distraction, stress, disengagement, and ineffective communication. These obstacles can hinder individual and team performance, affecting overall productivity and employee well-being. However, there is a proven solution that has withstood the test of time – Mindfulness Training.

With over 25 years of empirical evidence supporting its effectiveness, mindfulness training has emerged as a powerful tool to enhance workplace performance and foster a positive work culture.

Join us for a transformative webinar session where we dive into the remarkable benefits of mindfulness training and its potential to revolutionise the way you approach work and life. Our expert instructor will guide you through evidence-based practices that have shown consistent results in reducing stress, enhancing focus, improving memory, boosting job performance, and building more effective workplace relationships.

Seminar Overview

- Explore the Contemporary Science of Mindfulness
- Understand How Mindfulness Works
- Building Mindfulness Skills
- Understanding the Science of Mindfulness at Work
- Learning Skills for Nervous System Support and Regulation
- Learning Skills for Enhanced Focus and Clarity
- Integrating Mindfulness into your Day

Need to send a few people to this seminar?

Register 5 or more seats for \$249 + GST each

Suggested Participants

This webinar is designed for individuals in the care environment who seek to cultivate a greater sense of mindfulness in their personal and professional endeavours.

Cost

Webinar

\$299 + GST each

Visit our website for upcoming seminars or to
book an in-house session

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