

Developing Your Capacity Through Mindfulness

Overview:

This experiential session will provide an introduction to the key concepts of mindfulness training and its relevance to leaders or emerging leaders within organisations, illustrating how mindfulness can help us to meet the challenges of the workplace with effectiveness, curiosity and creativity.

Aims:

- to explore the concept of mindfulness and the evidence base
- to understand the benefits of mindfulness for individuals, organisations and teams
- to experience some basic mindfulness exercises
- to explore the practical application of mindfulness within an organisation
- to share case studies highlighting the benefits of mindfulness within organisations
- to sign post participants to additional resources and courses including the Mindfulness for Leaders programme.

Duration: Half-day

Progression:

This session can be seen as a stand- alone introduction or a precursor to the Mindfulness for Leaders programme.