

From Monkey Mind To Mindfulness



Mindfulness Meditation Workshop

We'll learn:

- How Mindfulness Meditation started, what it is and what benefits we get from doing it.
- More about the body, mind, and emotions
- About the mechanics of stress. What role the components of the brain and the hormones in our body play in our response to stress. We'll go through techniques that will help us learn how to master these responses as well.
- About "Monkey Mind" and ways to control it.
- Reactive vs Non-Reactive Communication
- The difference between our mind versus the ego.
- The roles we play in life and who and what our authentic self is.

We'll do Breathing Meditations, Mindfulness Exercises, and a Loving Kindness Meditation.

You'll leave with easy techniques to help incorporate Mindfulness into your everyday life with minimal effort. You'll be surprised to recognize how easy it is to spot examples of what you'll learn, and you'll have the tools to quickly respond to them.

This workshop is a great opportunity to address wellness in your workplace. Mindfulness meditation has been shown to reduce burnout, stress, sick day and absenteeism. It's a great way to have your employees feel supported by your organizational structure when it comes to their wellbeing.

Stress can cause headaches, digestive issues, insomnia and fatigue can lead to irritability, poor work performance and loss of initiative. Mindfulness helps people think clearly, focus on the tasks at hand while being creative and think outside the box.

We'll help personalize the workshop to your specific needs. If you have a Wellbeing Champion in your organization, we'll work together with them and your budget in the way that works best for you. We can offer in-person, online, face-to-face or a blend of all. We can work with a large number of employees or with a smaller number of team leaders who can then continue the program.

We look forward to working with you and at the end, hearing how mindfulness has improved relationships both inside and outside of your workplace.