

## Workplace Mindfulness Training – a short description of the programme

We plant the seeds for cultivating your mindfulness skills and show you how to best help them grow and spread in your workplace. We provide your people with the necessary toolkit that will enable those seeds to grow into desirable, lasting workplace habits and behaviours: clarity of thought, attention management, kindness and compassion.

## How?

One seed at a time: we meet once a week for about 1 ½ hrs. to present and discuss with trainees scientific insights regarding the main theme of the week. We also present and guide them through specific mindfulness practices (mostly meditations) that we ask them to practice daily, up until next week's session.

We do this for 4 consecutive weeks and about a month after our last workshop, we meet again for a follow-up session where we get to discuss with trainees on their progress. There are no presentations during the follow-up session, maybe a group meditation or two, but mostly it's just talking, getting feedback on the benefits experienced, sharing positive observations (so this can last anywhere between 30-90 mins).

This is what a typical 4-week training looks like:



- Week 1 is about getting trainees to understand the stress response (although it's a general description, we want them to start noticing how it affects them personally).
- Week 2 is about learning to keep the body in mind (we tend to live most of our days “from the neck up” and our body has a huge role to play in health and performance).
- In Week 3, where we have showed our trainees how to create the conditions for a calm mind, we get to talk about managing our thoughts and our emotions mindfully (instead of our thoughts and emotions managing us).
- Week 4, the most sensitive yet resilient seed of our training, is about learning to be clear about our intent in our everyday actions, remembering to bring kindness and compassion in all we do and all that we are faced with.

#### Who?

Mariangela Zanaki, M.Sc., a psychologist, is the principal trainer. She has been certified to teach this course by The Mindfulness Exchange.

Theocharis Sinifakoulis, M.D., is a physician. He explains how stress works and affects our health and performance in its chronic and acute forms.

Eirine Bletsas is a physical education trainer. She teaches our trainees how to breathe better.

#### Why?

Is this training right for your organization? Here are some basic questions to help you answer this (tip: if you answer yes, then yes, workplace mindfulness training is probably right for your organization):

- Do you care about your employees' well-being?
- Do you believe stress affects your employees' performance (or yours)? Would you like to learn how to respond to it positively?
- Would you like kindness, compassion and equanimity to be part of your organizational culture?

#### Customization?

Absolutely. According to your organizational needs, our programmes can be more focused on leadership, creativity, or resilience.

We'll be happy to answer any questions you may have, get a feel for your office culture and understand your goals.