

Mindfulness for Corporate groups

1hr Webinar

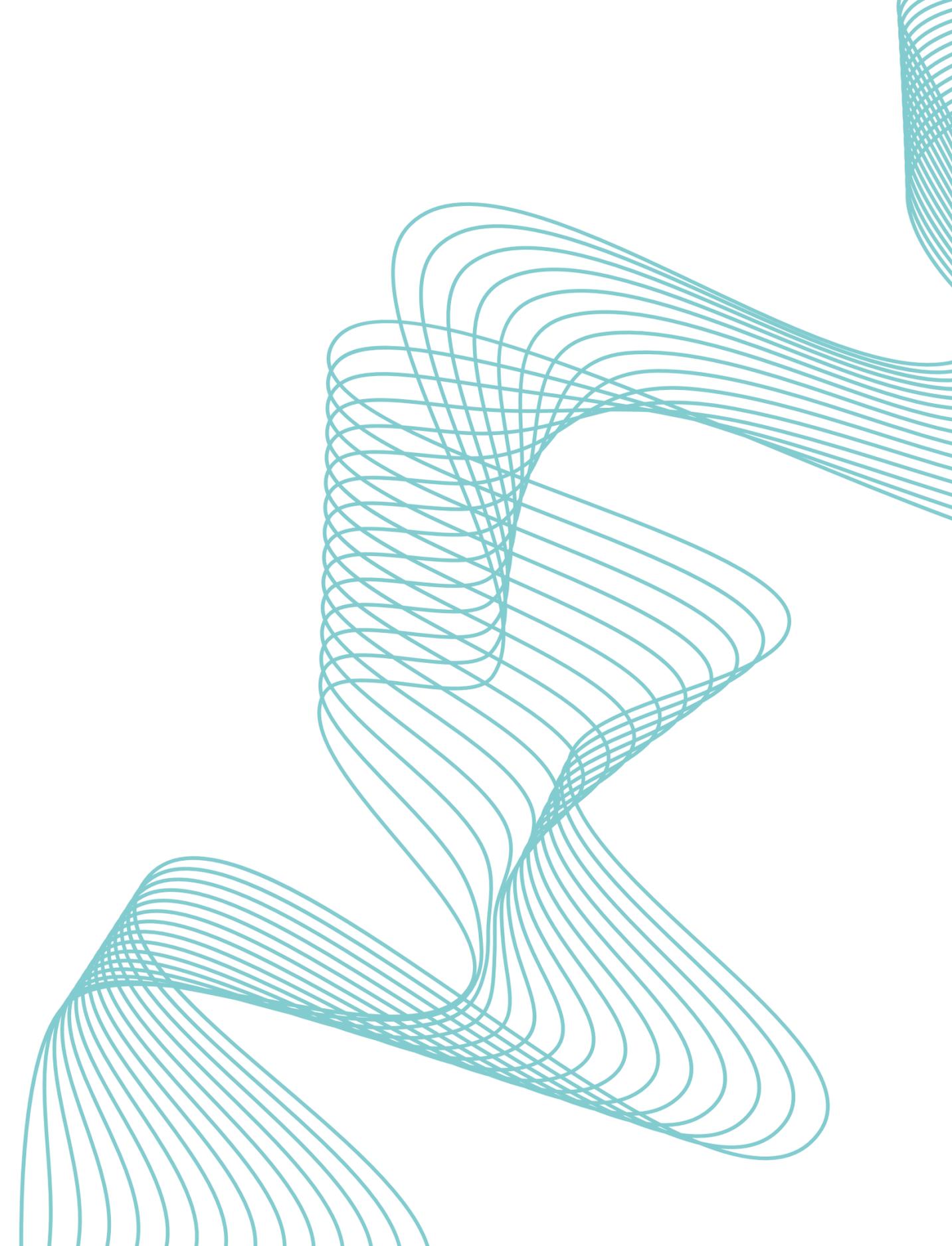
Presented by Emma Reynolds

Mindfulness for Life

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Mindfulness Webinar

Emma Reynolds is an accredited Mindfulness teacher. She is trained to teach MBSR*, which is a course to learn how to use Mindfulness practices to lower stress and anxiety.

The objective of the online session is to:

- bring a better understanding of what stress is
- explore how the body reacts to stressful situations
- discover how mindfulness can help calm the body and mind, by stepping out of stressful and negative thoughts.
- learn how to bring mindfulness into your daily life, to help improve focus, and be more compassionate to yourself and others
- and finally to foster a sense of appreciation for what is already present in our lives

Potential Benefits:

There are now over 30 years worth of scientific research that consistently show how mindfulness practices can enhance our physical and mental well-being. Benefits can include:

- Concentration
- Creativity
- Clarity of mind
- Working memory
- Emotional intelligence
- Mental stamina
- Sleep
- Immune functioning
- Relationships
- Life satisfaction



Mindfulness Webinar

And Mindfulness can reduce:
Stress and Anxiety
Depression
Pain
Ruminating
Tension

The session will be both theoretical and practical.

Theory:

We'll explore how our perspective and how we respond to events creates stress, plus what stress does to the body. We will look briefly at the new discoveries in neuroscience around neuroplasticity and reflect on how altering our ways of thinking can literally change the brain, allowing us to get better at stepping out of old automatic ways of thinking and doing that do not serve us.

Practice:

We'll do some short 2-5 minute practices, plus mindful movement to train the attention and to release body tension. We'll also do some longer practices, exploring how we can step out of over-thinking, including a 15 minute Body Scan which participants can do sitting, or lying down.

Participants:

For participants with at least intermediate level English. No previous knowledge or experience needed in meditation.



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Price:

Contact us for prices

Payment:

50% to confirm the event, and 50% to be paid within one week of the event.

Payment by Bank Transfer



About Mindfulness meditation

Meditation is a way to train your attention and awareness. It's a powerful skill that can be learned by repetition and a potential catalyst for transformation. It's not about changing who you are; it's about learning more about who you are, becoming aware, and gaining a healthy sense of perspective. People often think that meditation is about seeking change, and while it might be for some, for others it's can be as simple as getting to know yourself better. We're not looking to turn off thoughts or feelings, instead, we want to be being able to observe whatever goes through our minds and heart without judgment.

You often hear about mindfulness meditation, which is about turning your attention and awareness towards being present and engaged in the present moment. As a skill, the ability to practice meditation improves over time and becomes a more versatile tool, applicable to all walks of life. As with anything, having a great teacher as a guide can be a tremendous help in overcoming the obstacles in learning how to meditate and become more mindful.

Having a meditation program as part of your corporate wellness program is an important part of on-site wellness. Some days are easier to focus, in others, it's harder. By being consistent with your effort, you are taking constant steps towards improving the communication between the mind, the heart, and the body. There are many challenges on this journey, and there are moments when you feel less confident about the work, but all experience shows that persistence pays off and meditation becomes a life long practice of improvement. It's an effective answer to how to clear your mind in a way that promotes mindful speech and effective communication.

Employees are especially appreciative of mindfulness because it can reduce stress levels, aid with sleep, and affect you positively both professionally and personally.

