

## THE POWER OF ENHANCED AWARENESS: Mindfulness Training and Practice

This 8-hour course includes clear and pragmatic lessons, dialogue, experiential exercises, written and audio resources and daily practice, all of which are designed to optimize the ability to access innate capacities to respond to whatever arises day-to-day with more ease and effectiveness. Class practices include focused attention meditation, body scan practice, mindful walking and informal practices that can be easily integrated into busy and fast-paced days. Expected benefits include:

- Increased attentional control and focus
- Greater clarity, cognitive flexibility and perspective
- Increased emotional regulation and stability under pressure
- Decreased reactivity and more skillful responding to stress and challenge
- Enhanced resilience and capacity to minimize the harmful impacts of stress
- Heightened awareness of habits and patterns of relating to self, others and situations
- Improved physical and psychological well-being

**The curriculum** is adapted from the internationally acclaimed and evidence-based Mindfulness-Based Stress Reduction (MBSR) program and includes:

### **Session 1**

Mindfulness – Introduction to the science, benefits and practice of mindfulness; mindfulness in daily life; formal and informal practice; the Mindful Pause

### **Session 2**

Building mental muscles to direct and sustain attention; Understanding the role of perception and thinking habits in how we experience and relate to life circumstances, including stressful and challenging situations.

### **Session 3**

Stress reactivity – attending to and investigating the way things are in the mind and body in the present moment and how this connects to habitual reactivity to stress, stress physiology and related neuroscience.

### **Session 4**

Response flexibility - Exploring mindfulness as a means to reduce the negative effects of stress reactivity and develop more effective ways of responding adaptively and proactively to stressful situations, thoughts and emotions; Introduction of more choice and flexibility in responding to what arises.

### **Session 5**

Creative responding, resilience and the path to thriving.

### **Session 6**

Mindful communication – listening and speaking for connection and optimal outcomes; Communication choice points and options.

### **Session 7**

Mindful Meetings; Navigating conflict and uncomfortable conversations

### **Session 8**

Integrating mindfulness into daily life – intentions, logistics and planning

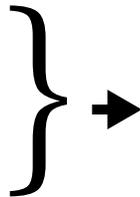
# MINDFULNESS

- One Practice**
- Paying Attention
  - On Purpose
  - In the Present Moment
  - In a Particular Way (with curiosity and non-judgment)

## Many Reasons to Develop this Innate Capacity

### Work Quality and Experience

- easily distracted
- feeling stuck
- trouble thinking clearly
- worn down by tension
- difficulty making decisions
- irritable and easily annoyed
- overwhelmed

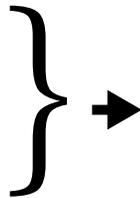


### Mindfulness Can Increase

- focus
- calmness
- flexible thinking
- emotional regulation
- creativity/innovation
- memory
- communication skill
- leadership presence

### Physical Health

- high blood pressure
- difficulty sleeping
- chronic pain
- heart disease
- skin disorders
- diabetes
- headaches

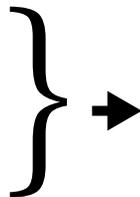


### Mindfulness Can Increase

- overall health and reduce medical symptoms

### Well-Being

- stress
- low mood/depression
- anxiety
- feeling “just not right”
- out of balance
- disconnected
- exhausted



### Mindfulness Can Increase

- resilience
- stress hardiness
- happiness
- sense of balance
- engagement with life

**What's Your Reason?**