



Mindfulness in the Workplace

We have developed a range of workshops to suit individual and organisational needs. They vary from two hours to half a day, to our more extensive one day program. Please see below for details.

All our workshops are tailored to the organisation, the setting, time constraints and the needs of the workplace. Conference presentations can also be arranged.

Bring your business back to life

Many workers are facing critical health issues due to long-term habits and lifestyle choices – and the effect on workplaces is dramatic. There's no denying it; employee wellbeing has a direct impact on the bottom line. Sick people mean a sick business.

Workplace stress and illness lead to low staff morale, plummeting productivity, soaring absenteeism and presenteeism, a boom in compensation claims and workers who seek escape in lifestyle behaviours like alcohol abuse, drugs and over-eating.

Many business leaders focus on profits, and not the wellbeing of their people. The savvy ones, who recognise the importance of employee wellness, reap the rewards of an energised, committed and more productive team.

Health & Wellbeing Training Consultants have seen the results first-hand. Through our health and wellbeing programs, we've helped hundreds of workers to manage their stress and be mindful, quit smoking, lose weight and improve their work-life balance.

A resilient business is a thriving business!

The Benefits of Mindfulness in Life and Work

The benefits of mindfulness are plentiful. Research supports the practice of mindfulness as an effective way to reduce stress and anxiety, improve concentration and performance, increase self-awareness, enhance emotional intelligence, reduce insomnia, and handle hurtful thoughts and feelings.

Practicing mindfulness regularly helps to increase work and life satisfaction, and creates a greater sense of happiness and wellbeing!

Mindfulness Workshops

Our one day workshop provides greater detail than our shorter sessions, as well as many opportunities for your staff to reflect and review.

Non-threatening group activities are also incorporated.

Mindfulness Workshop Outline

Depending on time, our mindfulness workshops provide participants with information on:

- the philosophy of mindfulness and how to pay attention in the present moment and live life with purpose, openness and without judgement
- practical mindfulness exercises that are easy to use
- a range of useful behaviour change strategies that will help guide staff into action
- support services available for staff to access



One Day Mindfulness Workshop (9am – 4pm) ***Learning to be mindful and to live a happier and more fulfilling life***

If you would like your staff to increase their confidence, knowledge and skills, and overall would like to make positive lifestyle changes, then this program is ideal for your workplace.

The one day workshop provides information on:

- learning to pay attention to the present moment, on purpose, with openness and without making judgements
- learning to accept yourself as you are with kindness and understanding (self-compassion)
- accepting what is out of your personal control, and in particular when confronted with negative thoughts, emotions and situations – learning to not suppress or deny them and understanding how thoughts and emotions can impact on your health and wellbeing
- utilising daily mindfulness exercises that are practical and easy to use
- learning to commit to action that will improve and enrich your life – the aim of mindfulness philosophy is for individuals to lead a happier and more meaningful life
- a range of useful behaviour change strategies that will help guide staff into action
- support services available for staff to access

We provide many opportunities in the one day workshop for your staff to reflect and review, with non-threatening group activities incorporated throughout the day.

Little steps, lifelong strides

In our workshops and programs, we share insights that build robust mental health for a thriving workplace, with practical and achievable steps. We help to bring businesses back to life through a culture of positive lifestyle change. The results for individuals and businesses are astounding! Increased staff morale, fulfillment and productivity and reduced absenteeism, presenteeism, and compensation claims.

Interested and would like a quote?

If this lifestyle topic is relevant for your staff, then this workshop is ideal for your workplace. For a free, no obligation quote on one, or all our workshop programs, please [contact us](#).

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