

Mindfulness Basics

This workshop introduces the concepts of mindfulness through experiential exercises, lecture, and discussion. Participants learn how to incorporate mindfulness into their day increasing their resilience in work and life.

Overview of Workshop

- Introduce the basics of mindfulness through experiential exercises
- Learn about formal and informal mindfulness practices
- Examine how mindfulness inoculates us against stress and increases resilience
- Look at creative ways of introducing mindfulness into your life
- Examine some of the research supporting mindfulness
- Work with basic mindfulness practices

Learning Outcomes

- Understand mindfulness through experiential exercises
- Develop an understanding of how they can incorporate mindfulness into their lives
- Learn a number of practical tools for increasing mindfulness

Frequently Asked Questions

What is mindfulness?

“Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally”
Dr. Jon Kabat-Zinn

How can mindfulness help in daily living?

Mindfulness has been proven to reduce the impact of stress leading to improvements in physical and emotional health. It is used in the treatment of anxiety and depression, to support cancer and cardiac patients, and help people experiencing complex mental health issues.

How can mindfulness help in the workplace?

Developing a mindfulness practice has been shown to increase the grey matter in your brain, improving memory, and increasing your capacity for focus and attention. These cognitive shifts can increase your effectiveness in work. Mindfulness helps develop your emotional intelligence leading to better relationships with your colleagues.

Who is the instructor?

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