

MINDFULNESS IN THE WORKPLACE

3 HOURS - IMMERSION INTO MINDFULNESS

Overview:

Mindfulness is paying attention to our present moment experiences with openness and curiosity. It has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

In this inspiring, interactive program led by one of our trained facilitators, you can learn helpful, practical, and scientifically-proven techniques for reducing stress, self-management and well-being.

Why Mindfulness for Your Workplace?

If employees are not able to effectively manage their stress, they are likely not as creative, productive and satisfied as they could be. Employee burnout and turnover are big challenges for companies and Mindfulness has scientific support as a means to:

- Reduce Stress
- Improve attention
- Boost the immune system
- Reduce emotional reactivity
- Promote a general sense of health and well-being

Program Layout:

1. Powerpoint Presentation introducing topic and the science of mindfulness
2. Introduction to mindfulness meditation- experiential practices:
 - Sitting meditation
 - Walking or Movement Meditation
 - Eating meditation

3. Mindfulness in daily life, lecture and experiential practices
4. Mindfulness in relationships, lecture and experiential practice
5. Cultivation of positive mind states, lecture and experiential practices
6. Wrap up with further instructions for continued practice

The three hour version extends our opportunity to practice more deeply, allows more space for questions and comments, and has more content offered.

***For pricing and availability, please complete [this brief form](#) and a UCLA Mindful representative will reach out to you shortly.**