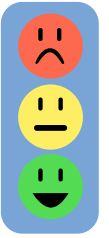


Mindful Moments

Pause, Re-evaluate, Innovate

Bringing mindfulness into the workplace in an ordinary way



We have one life and in this one life we need to be able to balance ourselves with work, home and recreation. Actually, the truth is we feel the need to spin many plates all at once, whilst keeping ourselves sane.

We are not present very often, at work we can get caught up with thinking about other things such as social-life, family, financial affairs, stresses and so on. Then at home, we find ourselves thinking about work, missing out on precious moments with family and friends.

When there is something challenging in our lives, we get perpetually caught up in this and find ourselves 'ruminating'. This can be very tiring. We miss the fullness of our lives in this way. Our body is in one place and our minds in another.

Mindfulness training offers the opportunity to learn how to be more present in the moment more often. We are learning to notice, bringing our attention back to the present moment and the benefits of being able to switch from a 'doing mode' into 'being mode'.

We have become 'Human Doings' rather than 'Human Beings'

Mindfulness taster workshops can be very interesting and enjoyable, however, to be alive in the workplace it needs to become embedded in the culture, in everyday practice and in the language.

And so, an 8-week programme in Mindfulness Based Stress Reduction and compassion training is my proposal.

Mind training takes time and dedication, but the payoff is worth every moment of the training.

How?

In the Pause, Re-evaluate, Innovate 8-week programme you will learn how to 'show up' as your true selves, more often, in more places – imagine taking your annual leave and actually being fully there instead of being lost in perpetual thought?

In the first part of the programme you are taught self-awareness, moving onto mindfully communicating with others and then living more mindfully in the world around you. There is a mixture of didactic exercises, discussion and meditation practices:

Benefits of shorter, informal practice

- awareness whilst performing everyday tasks
- mindfully communicating with others- e.g. mindfully writing emails
- short settle practices before, during and post meetings
- becoming aware of what you are doing as you are doing it

Benefits of longer, formal practice

- trait changes – becoming calmer more often without trying
- neural plasticity (changes in the brain)
- lower blood pressure
- boost to immune system
- better ability to focus and refocus
- emotional regulation
- greater productivity
- building resilience
- general sense of greater wellbeing, plus much more

The PRI 8-week programme is based on the 8-week course framework of the MBSR programme developed by Dr. John Kabat- Zinn and associates- based on a balance of ancient contemplative wisdom and modern science. Original ideas (Tor Walmsley) and also exercises and ideas adapted from Mark Williams and Danny Penman 'Finding Peace in a Frantic World'. Ideas also inspired by Google's 'SIYLI' programme and Michael Chaskalson 'The Mindful Workplace'. 'Shockwaves' adapted from Misp curriculum.

Keeping mindfulness alive after the programme



Access to resources



Dedicated mindfulness champions within the organisation who offer lunch-time practice and share mindful communications across the business

Who?

We begin with the Leadership Team –role modelling mindful behaviour, e.g. short breathing space at moments of difficulty - if you begin at grass roots then the opportunity to step away from your desk, in a difficult moment, can be misinterpreted.

Organisations that have used it...

- Google
- Tesco
- UK Parliament
- MOD
- Bourne Leisure
- NHS
- City Banks
- Virgin
- The Body Shop Global

Things to consider

- Online vs in person
- The number of participants – who can be out of the business for 1.5 hours weekly for 8 weeks? With a longer time out on the final week
- If in person, where? With as little disruption as possible
- Wellbeing budget for mats, blankets, cushions etc

Yesterday is History,
Tomorrow is a Mystery and
today is a Gift ...That's why it's
called **The Present**
- Bill Keane

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NB: Packages can be tailored to suit your organisational needs.

