

# Introduction to Mindfulness

## Programme Overview

<b>Summary</b>	<p>This workshop explores the impact of mental ill health in the UK and why Mindfulness should be encouraged as a daily activity by all employees.</p> <p>It aims to dispel any myths around the concept of Mindfulness and encourage employees to see it as a skill to develop and become an integral part of their day.</p> <p>The course offers some practical practice with music along with some very useful takeaways for employees to adopt as part of their daily life.</p>
<b>Style and Approach</b>	Interactive and participative using a mixture of d breakouts/groups, facilitator input and group discussions
<b>Programme Structure</b>	Half day
<b>Audience</b>	This workshop for anyone who wants to learn more about mindfulness
<b>Group size</b>	16 Participants

# Programme Overview

## Programme Topics

- What is Mental Health?
- What is Mindfulness?
- Mindfulness Practice
- Mindfulness Eating
- Takeaway Bingo
- Body Scan activity

## Outcomes

Having attended this workshop, you will be able to:

- Have a greater understanding of Presenteesim in the workplace.
- Increase awareness of thoughts and feelings
- Positively shift thinking from unhelpful to helpful.
- Develop more helpful responses to difficult feelings and events
- Be kinder towards self
- Feel calmer and able to manage stress better at work.
- Manage your well-being and health.

How to Apply:

You can self-nominate via Oracle.