



OVERVIEW

What *IS* mindfulness? More importantly, how can it help you achieve your personal and professional goals? This highly interactive, day long program delivers the what, how and why of mindfulness, as well as the research that supports its efficacy. Six consecutive modules focus on the cultivation of mindfulness in everyday life to achieve an expansion of awareness, diminishment of limiting factors, increased cognitive function and regulation of emotions and acute stress.

By the end of this workshop participants will be able to:

- Identify when the *stress response* is building
- Activate the *relaxation response* using a number of simple tools
- Understand the brain's basic functions and capabilities
- Skillfully work with distraction and applied focus
- Gain insight into limiting lifestyle patterns and behaviors
- Practice interpersonal and intrapersonal communication skills
- Build a mindful life

PROGRAM FLOW: KEY CONTENT AREAS

Welcome

- Introduction, Learning Objectives

Wake Up and Breathe

- Connected? Or *Connected?*
- AOB (Awareness of Breath)

Get In Your Body

- My Earth Suit
- Body Language
- Mind/Body Medicine

Come to Your Senses

- This Moment is Your Life
- The Toxic Cycle of Distraction
- Skillful Communication

Board the Brain Train

- Your Brain @ Work
- I'm an Excellent Multitasker!
- Neuroplasticity: Change for Good

Sitting With It All

- Relationships
- Finance
- Health

Mindfulness on the Go

- Summary of Techniques
- Now What?
- Support for Your Practice

Workshop Close