

INTRODUCTION TO MINDFULNESS

PART OF A COMPREHENSIVE LEARNING SUITE



Uplift your well-being.

In today's world of work it is not so much about connecting, it's more about the ability to Mindfully disconnect. Mindfulness is a powerful tool – anyone can learn the techniques and benefit from the practice, both in work and in life.

Instead of just looking... observing.

Instead of just thinking... feeling.

Instead of just eating... tasting.

Instead of just existing... living!

Through the practice of Mindfulness, an increased awareness of your inner being is obtained and an enhanced ability to detect changes as they occur is developed when in a Mindful state.

Rigorous studies conducted over the past 15 years, replicated in different countries show that 8 weeks of daily practice of two 15-minute sessions of Mindfulness are sufficient for statistically significant increases in indicators of physical and mental health and well-being.

An Introduction to Mindfulness is the first workshop within TMI's Mindfulness learning suite. Participants can extend their understanding, practice and benefits through 5 additional Mindful workshops including Increasing EI through Mindfulness, Mindful Time Management, Mindfulness at work, Working in a Mindful team and Soulful Leadership.



1 Day Workshop – Part of a Learning Suite

Comprehensive materials

A unique and stimulating programme

TARGET AUDIENCE

Mindfulness is a practice and skill that every individual in the organisation would benefit from. In turn, your organisation benefits from having a mindful workforce of healthy, happy employees with enhanced emotional intelligence and greater ability to handle changes and pressures of a modern business environment.

Request more information: one@tmiworld.com

THIS INTRODUCTORY WORKSHOP WILL ENABLE YOU TO:

- Recognise how Mindfulness increases the ability to enhance awareness of the body
- Understand how Mindfulness strengthens the immune system
- Learn how Mindfulness increases emotional control and how it stimulates creativity and positive thinking
- Practice the basic skills and practice of Mindfulness in a variety of contexts
- Improve how you relate to others



WE BELIEVE IN THE INDIVIDUAL

a **GI GROUP** brand