



### **Mindfulness and Relaxation**

Workshop Duration: 2 Days

Facilitation in English

### **Workshop Description**

Work life can be stressful. Tight deadlines, changing priorities, scarce resources, and challenging relationships can cause us tension. In the midst of this chaos, we must find ways to calm the body and mind, focus on the present moment, and meet our challenges head on. Mindfulness and relaxation provide us with positive energy, focus, and calm, enabling us to meet those challenges in our best possible frame of mind.

In this hands-on workshop, we learn relaxation techniques, become familiar with the concept of mindfulness, and learn how both practices can be integrated into day-to-day life.

### **Who Should Attend**

Anyone at any level in the organization who wants to improve his/her ability to deal with day-to-day stress. This workshop is addressed to those wishing to become more resilient to stress, more focussed, and more self-assured.

### **Workshop Outcomes:**

Through a series of guided experiences, you will learn how to:

#### ***Increase:***

- Energy level and productivity
- Alertness
- Self-confidence and sense of identity
- Concentration and memory
- Ability to focus on your work in the moment

#### ***Reduce:***

- Insomnia and fatigue
- Hypertension, migraines, headaches, asthma, ulcers, etc.
- Conflicts with colleagues
- Stress

### **Learn:**

#### ***Mindfulness:***

- What does it mean?
- What are its benefits?
- How is it integrated into professional and personal situations?

#### ***Relaxation techniques:***

- Abdominal breathing
- One minute rejuvenation exercises
- Progressive muscle relaxation
- Visualization and guided imagery
- Stretching at work

