



# Mindfulness Workshops to Manage Workplace & Life Stress

## Do you often feel:

- Distracted
- Overwhelmed
- Forgetful
- Tired

## Train your brain to respond constructively to stress. Would you like to

- reduce stress
- increase attention span
- sharpen focus
- improve memory

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Research shows that **mindfulness training** directly affects not only the function but also the structure of the brain, changing it in ways that give you the above benefits.

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## These workshops are valuable for:

- Managers
- Supervisors
- Consultants
- Customer Service Staff
- Health and Social Workers
- Parents

## About the Facilitator:



### **Bobbi Allan**

is trained in Mindfulness Based Stress Reduction and is also a Buddhist teacher in the Insight tradition with over 30 years experience in Buddhist practice.

Bobbi has a professional background in management training, facilitation and communication / conflict processes, and a long history in various forms of social and environmental action.

*“Bobbi’s talk on Mindfulness was inspirational - and how interesting to learn the cost of stress to business and to our workplaces. It’s heart-warming to know that major companies like Google are now incorporating Mindfulness training into their workplaces, as the benefits are so huge.”*

Lois, member of Lismore Businesswomen’s Group

## 1 day workshop - Six Mindfulness skills to reduce stress

In this one day workshop you will be introduced to six Mindfulness tools, to train your brain to respond constructively to stress.

1. Being present in your body
2. The power of the breath
3. Seeing from a fresh perspective
4. Surfing the emotions
5. Freeing the mind from habitual thinking
6. Resilience and kindness

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## 6 week Course - Practical mindfulness skills for managing workplace stress

For 2 hours after work each week you will be given time to **practice and fine-tune** the 6 mindfulness skills to manage your stress in not only the workplace but in all areas of your life.

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### In this 6 week course you will:

- understand the ineffective habitual patterns that you **unknowingly engage in**
- gain a **renewed sense of control and choice** in the present moment
- learn how to break the cycles of distraction and wasted time that too often lead to **overwhelm and stress**

### As you train your attention you will be able to:

- listen better
- anticipate and solve problems, as well as see solutions easily
- have more confidence and energy
- be more successful at work with a sense of balance and focus

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### 1 Day Taster Workshop Details:

Date: Saturday 6<sup>th</sup> March 2010

Time: 9.30am – 4pm

Morning and afternoon refreshments as well as lunch provided

Venue: ACE Lismore (Details to be provided on registration)

Cost: \$95 (early bird rate –pay by 21 February to receive this special rate)

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### 6 Week Course Details:

Dates: 6 x Wednesdays starting 10<sup>th</sup> March and finishing 14<sup>st</sup> April 2010

Time: 5.30pm – 7.30pm

Venue: ACE Lismore (Details to be provided on registration)

Cost: \$295 (early bird rate –pay by 28<sup>th</sup> February to receive this special rate) plus course costs of \$43

## Need more information?

Contact:

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<http://www.acenorthcoast.com.au/mindfulness-workshops>