



Resilience and Mindfulness – Live Webinar

3 external CPD points

Introduction

Mindfulness has begun to take a higher level of importance within organisations today, primarily because of the fast paced nature of our daily lives. The pace we run at prevents us from taking time to be truly in the moment, to be thoughtful and to allow our own neurological thinking patterns to operate at their optimum. It is wrong to consider this branch of self-development as a fad. It has its roots in over 1000 years of practiced wisdom so could hardly be called a fad! The aim of the webinar is to allow the delegates to learn a few simple, yet powerful techniques that allow them to become more resilient, more efficient and to operate nearer their peak performance levels. They will learn through a series of practical exercises, experiential activities and personal discovery. By its very nature it is a calm session that finds its own pace, allowing time to reflect and to truly learn.

Course structure

- **2.5 hour webinar**

Webinar objectives

- Introduction to mindfulness
- Performance / Learning / Environment - We look at the relationship between the three component parts of peak performance
- Ribbon of Life - This exercise challenges our perceptions around time
- The three brains which make up our thinking - a look at the importance of the emotional brain
- Handling a setback - The importance of asking better questions
- Breathing - The effect of breathing control
- Wheel of life - Achieving the balance in our lives – values based decision making
- Performance minus interference = performance - Identifying the interferences
- Focus
- Guided silence
- Understanding feelings

To book or enquire about this programme please contact us

t: 01189 036363

e: info@miadhealthcare.com

w: www.miadhealthcare.com