

## 6 external CPD points

*“The more mindful we become, the more we broaden and build several inner resources that help us strengthen our resilience”* (Fredrickson, 2001)

### 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. With worrying statistics showing that in the last 6 years the number of working days lost to stress, depression and anxiety has increased by 24 per cent, and a quarter of people consider resigning due to stress (CIPD, January 2016), interest in mindfulness and resilience is at an all-time high. 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 workshop 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 day, a day that finds its own pace, allowing time to reflect and to truly learn.

### Course structure

- 1 day workshop

### What do I gain?

- The time and space in which to work with other colleagues in understanding and exploring many of the issues around this complex subject.
- The opportunity to develop and practise key skills with the support of colleagues and valuable input from an experienced facilitator.
- Allows access to an experienced facilitator who can guide and explain in clear detail how you deal with unexpected situations.
- A valuable contribution towards your ongoing learning as the course delivers six external CPD points.

### Workshop Topics

- Introduction to resilience and 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