



MINDFULNESS TRAINING

Through the offer of
Mindfulness courses I now have the privilege
of enabling managers and employees
to keep up with the constant demands of
today work environments in order to
become more resilient, energetic and
creative.

As well as, better delivering of
tasks with the tempo that suits the group.



Mindfulness, is simply being present in what you are doing and feeling and where you are Now. Hence when we are focused on what is in front of us, be it a person, a task or a situation, we have a better chance to react more genuine. As a result we are more authentic, more in tune with our true intention and more flexible. The goal is to reprogram all the pathways of our brain structure, to have more fulfilling experiences.

Topics Covered

Recognising stress symptoms

Avoiding burn out

Better work communication

Using diversity as a super power

Understanding the importance of communication

Finding creative problem solutions

More functional team dynamic

Better adaptation to organisation change

