

Mindfulness at Work

Are you easily distracted at work and do you tend to jump from one activity to the next? Being mindful helps. Mindfulness is the ability to focus with a calm and confident mind.

When you're mindful you are less distracted and can access more of your potential at work. It's not a surprise then, that Google, Facebook, Intel, SAP Software and the House of Lords are investing heavily in mindfulness training programs. After this practical workshop, you'll boost your performance by harnessing your wandering mind and bring calm to everything you do.

Designed for you

This program is designed for leaders and individual contributors who want to learn how to improve focus on their work and reduce the feeling of being overwhelmed

Outcomes

Learn how to:

- focus on the present and be less distracted by your thoughts
- manage unhelpful thoughts and feelings
- invest your full attention into everything you do
- replace stress with calmness
- increase your self-awareness and confidence
- clarify your goals and values
- learn to use genuine insight to identify your strengths.

Tailored group training - in-house or through virtual workshops

Ask us how we will tailor this program to your organisation or team.

Benefits are that we tailor the:

- *Content* to suit your organisation's needs.
- *Delivery* to reflect your procedures, values, examples and terminology, which encourages participants to apply their new skills in their roles.
- *Duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Virtual Workshops

We deliver programs in interactive, live online workshops, accessible from a device anywhere.

Highly impactful learning

- Replicating face-to-face workshop experiences through conferencing technology.
- Using extra features for engagement: polls, quizzes, chat, electronic whiteboard.
- Learning in multiple shorter bursts – allowing practice between sessions.

Benefits of virtual workshops

- Attend the training from the comfort of home or personal workstation.
- No travel time or expenses.
- Multiple short sessions – less impact on work.

Simple access

- You need: a device with camera and a quiet place.
- No software needed.
- Click on a link to gain access.
- Works on any personal device and most corporate systems.

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Alternatively, email us at info@icml.com.au.

