



Mindfulness at work

We spend a lot of time at work. Many of these hours can be rewarding and satisfying. At times our working hours can be stressful, produce anxiety and make it difficult to concentrate and do our best work.

Has this ever happened to you?

- Having a conversation and not hearing what the person just said?
- Having an argument with someone in your mind and you haven't even seen them yet?
- Driving to work and not remembering the colour of the lights or how you even got there?
- Waiting for the weather report on the radio only to find your attention has drifted off at the very moment the weather report is given?

These are some examples of our attention drifting away from what is happening right now. Often our drifting attention is taking us to the past where we may have regrets, or anticipating events in the future, causing unnecessary anxiety.

Learning to use mindfulness at work is one way to address 'attentional drift' and bring us back into a state of calm and clarity. When we're calm and clear, we make better decisions and perform at our best.

Mindfulness can assist with difficulties such as: unregulated stress, states of anxiety, depression, distress, anger/irritation, fatigue, headaches, chronic pain and ongoing illness. Mindfulness cultivates resilience by establishing a practice of restorative relaxation, improving immune functioning and nervous system regulation, increasing concentration, clarity and creativity and much more.

Mindfulness at Work



Mindful Intent offers a way to manage the challenges you face at work and reduce your stress, experience more moments of calm and clarity and well-being. Our five-week course with sessions of 1.5 hours consists of:

Wk 1 Understanding mindfulness at work

- What is mindfulness?
- Developing awareness of autopilot
- Training your attention

Wk 2 Working with the body in mind

- The interconnection of thoughts, emotions and physiology
- How the body controls the brain
- Putting life into perspective – appreciating the good

Wk 3 Mindful Communication

- A mindful minute
- Approach vs Avoidance mode of mind
- Mindful meetings and Mindful presentations

Wk 4 Working with difficult people and strong emotions

- Mindfully managing emotions
- Approaching difficulties
- Working with difficult people

Wk 5 Mindful working in times of change

- Why humans resist change
- Habit releasers
- Mindful change leadership

Our course is based on the 'Mindfulness at Work for Dummies.' It is not a requirement, but if you choose to, you can purchase 'Mindfulness at Work for Dummies' as an excellent reference for the course. You will receive a workbook and guided meditations to assist you in your learning.

Course Instructor:



Based in Hobart, Pamela Lovell has worked in the field of Organisational Development for over 20 years. Her work spans State Government, Federal Government and private industry. With over 20 years of study in the field of mindfulness, Pamela has taught Mindfulness Based Stress Reduction (MBSR) for 9 years and is an accredited teacher with the Center for Mindfulness, University of Massachusetts Medical Center, USA. Pamela is an associate of

Openground, Sydney, a Mindfulness Based organization teaching courses in mindfulness across Australia.

Pamela holds Masters Degrees from the University of Western Michigan, (Audiology) and the University of Tasmania (Counseling).

Participant numbers – 12-15 people
Course Fee: \$478.00/person + gst

contact Pamela on 0419330960 or email pamela@mindfulintent.com.au