

MINDFUL@WORK PROGRAM

ABOUT MINDFUL@WORK



The **Mindful@Work** program was developed to mitigate the challenges and stresses of the modern workplace. The curriculum draws from the scientific expertise and collaborated works of a variety of internationally-respected leaders, including neuroscientist Dr. Richard Davidson, psychologist Daniel Goleman and Design Thinking leader, Peter Block. The collective insights of these forward-thinkers coupled with our experience in emotional intelligence in education come together to create the deeply textured, well rounded **Mindful@Work** curriculum. Based on neuroscience, emotional intelligence and mindfulness, our qualified instructors teach tools to help executives and employees better manage stress, cope with anxiety, increase self-esteem, and foster deeper connections both in and out of the workplace.

WHY EI AND MINDFULNESS?

Professionals often overlook the impact of mounting workloads, multiple demands and highly stressful environments on their ability to perform, and the pervasive demand of pings, rings and updates usually results in compromised attention span, frayed personal interactions and waning productivity. Mindfulness can turn these challenges into opportunities. It helps us to work with our innate qualities, be less reactive and appreciate different perspectives so that we can create healthier workplace interactions. Whereas emotional intelligence helps us to listen, communicate, dialogue, and resolve conflict skillfully. Together, they are the glue that keeps employees' spark alive so they can be healthy and engaged in the often high-pressure workplace.



PROGRAM OBJECTIVES

The **Mindful@Work** program addresses the emotional intelligence (EI) and secular mindfulness skills that individuals need to build focus, self-awareness and resilience in the workplace. Overall, the **Mindful@Work** program aims to give participants a better understanding of their thoughts, feelings and actions, as well as the opportunity to build and practice skills enabling them to develop an internal compass that enhances the quality of the lives they lead. Ultimately, program participants will be fully equipped with the strategies they need to nurture healthier connections, make better decisions, increase job satisfaction and lead with more empathy.

PROGRAM DELIVERY

The **Mindful@Work** program is structured around eight 45-60 minute sessions. It can be facilitated in its entirety or divided into smaller units depending on the organization's specific needs. Concepts are communicated through group dialogue sessions and team-building activities in which each participant is encouraged to explore their unique qualities; hone in on challenges and build interpersonal skills that foster compassionate understanding and collaboration. Program participants receive self-directed worksheets which provide integration and practice strategies to reinforce core session principals. Ideally, each participant builds and sustains a daily mindfulness practice in order to experience greater stress-management and well being.

MINDFULNESS WITHOUT BORDERS

PROGRAM SYNOPSIS

SESSION THEME EI DOMAIN	PRACTICE STRATEGY	INTEGRATION STRATEGY
Exploring Mindfulness Self Awareness	Time to Breathe	Setting Intentions
Mind Body Connection Self Awareness	Body Scan	Creating New Choices
Noticing Emotional Triggers Self Management	Mindful Listening	Cultivating Self-Regulation
Practicing Gratitude Social Awareness	Everyday Gratitude	Noticing Daily Experiences
Open Mindedness Social Awareness	Nurturing Equanimity	Exploring Diverse Perspectives
Handling Conflict Skillfully Responsible Decision Making	Heartfulness	Applying Emotional Intelligence
Nurturing Compassion Social Awareness	Choosing A Meditation That Works	Holding Self Compassion
Embodying Mindfulness Responsible Decision Making	Integrating Present Moment Tools	Mindful Living Pledge

TESTIMONIALS

"Thanks to the MWB workshop, it was the very first time that we had 65 high-energy sales associates in the same room, silent and 'in the moment!'"

Wendy Novia, Vice President Sales, Polaris Pacific, San Francisco

"Mindfulness Without Borders is creating miracles. The trainings, materials, support system and structure they have created are changing lives. Their work represents the best of what we can be to each other."

Peter Block, Author, *Flawless Consulting: A Guide to Getting Your Expertise Used*

"These are practices and mindsets that I will call on for the rest of my life. Thank you for what you do, who you are, and how you consistently affirm us!"

MaRS, Studio Y Fellowship Participant, Toronto

TO LEARN MORE

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