

Mindful Work

About this course

Why do this course?

For most of us, our work environment is one that creates stress. There's an epidemic of stress, and it's getting worse. When we're stressed, we don't work so well – we make less considered choices and interact with others in poor ways, we get ill, we eat badly, we withdraw socially, and we may take time off or work or even resign.

Successful businesses and organisations are ones where everyone is working together to address issues and manage change, with purpose and with mutual respect.

With the overload of emails, increased pressure for results, trimmed budgets, commercial pressures, and the threat or fear of 'failure', it's no surprise that stress builds up.

Yet some people seem to be resilient. They stay calm, positive and pleasant in the midst of the melée. They treat problems as an opportunity to be creative.

How do they do that? Were they born that way? Probably not.

Most of our reactions to difficulties are patterns that we've learned. And the good news is that we can learn to react in different ways. We have a choice.

This course is about understanding ourselves better, and finding ways to change the habits of a lifetime. As a result, you will be calmer, happier, more creative, and do better work. Research shows that's true.

Our key tool in this wonderful process is mindfulness: being present with full attention, without judgment, to whatever happens externally and to whatever arises internally.

If this sounds simple, it is. We need no new tools or gadgets to get this right. We are already mindful, naturally; we just need to learn to tune in more often and with greater awareness.

Taxi drivers' brains actually grow, in the area that deals with spatial awareness. Long term meditators' brains grow in the area responsible for compassion and happiness. Brains can change, and the patterns they embody can be literally re-routed.

In as little as 8 weeks, research shows that significant, measurable, lasting change can take place.

This course shows you how.

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Things you need to sort out

You don't need much to do this course, other than making a commitment to a couple of months of practice. However, it will be useful to establish the following:

1. **A quiet place to practice at home.** Find or make a special place, where you know you won't get distracted. Ideally it should be calm, quiet, clutter free, and have a window nearby. You'll need an upright chair, or a cushion to sit on.
2. Get the **support of your family** or the people you live with, so that when you practice, they know not to disturb you.
3. **Time to practice.** You just need to include 5 minutes first thing in the morning, and 5 in the evening. Then lots of mindful moments during the day.

DO THIS EVERY DAY FOR 8 WEEKS

Buddying

We thoroughly recommend trying to find a friend or colleague who will embark on the programme at the same time, to act as a buddy. It will be much easier to keep your motivation going, if you are able to ask each other how it's going, share your experiences, and to support each other in what can be a significant shift in your perspective.

To promote buddying, we offer a 25% discount voucher (redeemable for the 'course-only' option) for a friend when you sign up. Just tell them to use coupon code Buddy1925.

Course materials and login

Once you have subscribed, you have your own login, which you'll need to use on different devices such as your mobile, or if your device logs you out by default.

You can watch, listen and read the materials whenever and as often as you like.

Course records and certification

We recommend that you keep a diary or journal of your daily experiences. This period of reflection, and putting thoughts and experiences into words, reinforces the re-patterning. You can use the **Journal** provided (download and fill in as you go).

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If you're seeking a completion **Certificate** you will have to complete your course records in your journal. We will review the log book to assess your understanding, in particular to see how you're applying mindfulness in your work environment, and then send you your certificate.

Getting help

Most people start to notice positive changes happening within a few weeks, and this gives them the motivation to continue with the practices and to explore more deeply.

However, doing this on your own may be a challenge, so get some help:

- First of all, do establish a buddy relationship and help each other.
- If you need it we can provide one-to-one coaching by video call (this is a chargeable service).

Remember too that anytime you experience difficulty, simply come into the present moment, fully, and bring your attention to your breathing. This simple instruction can be used effectively in any situation, for the rest of your life. Even a 30 second 'tuning-in' can be calming and restorative.