

Mindfulness at Work

For happy and productive people and workplaces



Guided Meditations
Mindfulness Workshops
Mental Health and Wellbeing Workshops
Mindfulness for Coaches and Mentors
Mindfulness-Based Stress Reduction Course



M I N D F U L M E

Workplace Wellbeing Programme 2023/24



Mindful Me is the Mindfulness Business of the Year in the Greater London Enterprise Awards 2022

GUIDED MEDITATIONS

30 MINS

Short, guided meditations help to relieve stress, calm the mind and body and promote a peaceful state. We offer a wide range of different options for guided meditation, including various forms of mindfulness, guided visualisations and bell meditation. A short, guided meditation is a perfect way to start or end the week.



A selection of our Guided Meditations

- Meditation for Calmness
- Meditation for Relaxation
- Meditation for Positive Energy
- Mindfulness of Breath and Body
- The Body Scan
- Mindfulness of Thoughts and Feelings
- Loving Kindness Meditation
- The Breath and Bell of Mindfulness

Read more about these guided meditations on our website at:

<https://mindful.me.uk/wellbeing-at-work>

HIGHLIGHT

Loving Kindness Meditation

This guided practice generates a strong feeling of kindness and compassion towards oneself and then extends this compassion to others. It is a beautiful practice that creates a warm and friendly disposition towards oneself and towards others. By the end of the practice, participants will develop a greater sense of understanding and compassion towards others, including work colleagues, even those they may experience some difficulty with.

MINDFULNESS WORKSHOPS

1 HOUR

A mindfulness workshop is an interactive experience, mixing engaging information with practical meditation. Each workshop has a different theme and can be run stand-alone or as part of a series. Mindfulness workshops are ideal for teaching your team vital skills to manage stress and anxiety and to build confidence and resilience.



A selection of Mindfulness Workshops

- Mindfulness Foundation
- Mindfulness to Manage Stress
- Mindfulness to Build Resilience
- Mindfulness in Nature
- Mindful Communication
- Mindfulness for Digital Overload
- Mindfulness for Sleep
- Mindful Movement
- Mindful Eating

Read more about these workshops on our website at:

<https://mindful.me.uk/wellbeing-at-work>

HIGHLIGHT

Mindful Communication

In this workshop, participants will learn about the importance of our emotions, which can hinder or support our communication. Participants will explore the complexity of our emotions and learn the ABCs of emotions, a technique that allows us to identify and calm our internal state. We will explore the components of effective communication and learn about three vital mindful communication skills – deep listening, clear intention and wise speech.

MENTAL HEALTH AND WELLBEING WORKSHOPS

1 HOUR

We offer several workshops that provide key skills for workplaces, including mental health awareness, managing change with confidence, building resilience, effective communication and conflict resolution. If you have a particular need, we can adjust an existing workshop or develop something bespoke to your needs.



A selection of Wellbeing Workshops

- Introduction to Mental Health Awareness
- Positive Mindset to Support Mental Health
- Understanding Anxiety and Depression
- Understanding Mental Illness
- Managing Change at Work
- Managing Conflict at Work

Read more about these workshops on our website at:

<https://mindful.me.uk/wellbeing-at-work>

HIGHLIGHT

Managing Change at Work

This workshop is aimed at people who have recently experienced or are soon to experience change at work. As change at work is inevitable, this workshop is for all. It focuses on understanding change and our related emotions and teaches skills for connecting with and rebalancing difficulties that arise. It includes practical tips for managing change successfully and uses a powerful, positive visualisation, used by athletes and business leaders to create successful future outcomes.

MINDFULNESS FOR COACHES AND MENTORS

6 HOURS (1 full day, 2 half days or 3 x 2 hours)

This unique and cutting-edge short course or continuing professional development day is created especially for those who are coaching or mentoring within your organisation. Participants will learn the fundamentals of mindfulness and how to integrate mindful communication skills with their coaching/mentoring practice to improve their personal presence and positive impact on coachees/mentees.



Learning Outcomes

By the end of course, participants will have:

1. An understanding of mindfulness and the many benefits it can bring to individuals and workplaces
2. Practiced mindfulness to support them personally and support them in their role as a coach or mentor
3. Learned 4 practical ways of integrating mindfulness into their coaching practice
4. Learned a 4-step model for managing difficult emotions in the present moment, which they can easily teach their clients
5. Understood the 3 vital skills of effective mindful communication and practiced using these

Read more about this course on our website at:

<https://mindful.me.uk/wellbeing-at-work>

HIGHLIGHTS

- No prior experience of mindfulness needed
- Participants receive advance reading
- Participants receive recorded mindfulness meditations after the course

“The facilitator was excellent. He remained calm throughout and was very knowledgeable about his subject area. The information given was very helpful and the session engaging.

Tony is great - as always, very fair and inclusive. I hope that we will have more opportunities in the future to have similar training sessions”

Queen Mary University of London

MINDFULNESS-BASED STRESS REDUCTION COURSE

8 HOURS (4 x 2 hours or 8 x 1 hour, usually in consecutive weeks)

We offer the world-renowned MBSR course, developed by Jon Kabat-Zinn, which is evidenced to have a major positive impact on reducing stress and increasing wellbeing and happiness. The course teaches every major aspect of mindfulness practice and is often transformative for participants and workplaces.

It is suitable for whole teams and for individuals from different departments. It is also ideal for coaches, mentors, learning and development teams, wellbeing champions and mental health first aiders, developing significant capabilities in these important organisational roles.



Learning Outcomes

By the end of course, participants will have:

1. A deeper understanding of what mindfulness is and what it isn't
2. Knowledge of a wide range of tools that can help to cultivate mindful awareness
3. Experienced many different formal and informal mindfulness practices
4. Realised many benefits of mindfulness including becoming calmer, more resilient, more patient, more present and compassionate towards self and others

Read more about this course on our website at:

<https://mindful.me.uk/wellbeing-at-work>

HIGHLIGHTS

- No prior mindfulness experience needed
- Participants receive a course workbook, recorded meditations and a completion certificate

"I found Tony to be an excellent teacher, calm, responsive and generally a good advert for the lived benefits of mindfulness! I found the meditation aspects of his course particularly beneficial, but I think there are lots of different practical elements he teaches that could help anybody in their work and everyday lives."

Dee, Course Participant

WHY CHOOSE MINDFUL ME?



25 Years' Experience

Mindful Me is led by Tony O'Shea-Poon, a mindfulness teacher and tutor at the UK College of Mindfulness Meditation. Tony has practiced meditation in a number of forms for more than 25 years. He is an experienced workplace coach and has worked in the private, public and voluntary sectors.



UK-Wide Network

We are able to offer all of our workshops and courses both online and in-person. If you have offices in a number of locations and you want to have in-person support, we can deliver services through our network of qualified mindfulness teachers across the UK.



Skilled Facilitation

We're skilled in facilitating groups of all sizes, in all settings and have worked with people in all kinds of job roles, including boards, executive management and front-line service providers. We take great care to facilitate active and meaningful engagement from workshop and course participants.



Tailor Made

We are very happy to tailor our standard workshops and courses to address your particular situation or needs. We are also happy to explore with you the development of completely bespoke training if our current offer doesn't meet your requirements.



Affordable

We offer a very high quality of content and delivery for a very affordable price. Our one-off guided meditations start from just £100. We offer a discount of up to 25% for multiple bookings. We offer a no-obligation initial consultation and quotation.

MORE WORKSHOPS AND ON-DEMAND RESOURCES

We have teamed up with the national At Work Wellbeing Company to be able to offer you a wider range of wellbeing workshops and classes, including nutrition and healthy eating, fitness classes, desk yoga, at-desk massage, laughter yoga, sleep matters, financial wellbeing and much more. Contact us to find out more and for a preferential referral.



Want your teams to be able to access virtual wellbeing video, audio and written content at any time? In partnership with At Work Wellbeing Company, we offer complete online, customisable support from a team of wellbeing specialists at a very reasonable price. With sections covering fitness and physical wellbeing, mental health, nutrition, and mindfulness, the Wellbeing Zone has got you covered. If you subscribe to the Wellbeing Zone through Mindful Me, you will be eligible for a preferential discounted rate. Contact us to find out more.

BRING MINDFULNESS SKILLS IN-HOUSE



In partnership with the UK College of Mindfulness Meditation, we can train one or more of your staff to deliver mindfulness training within your organisation.

Our 5-day Mindfulness Now Teacher Training course is approved by the British Psychological Society. It takes place in London several times each year and consists of 5 consecutive days of training, followed by assessment. It's also more affordable than you might think.

Read more about this service and book a place on forthcoming courses on our website at:
<https://mindful.me.uk/mindfulness-teacher-training-london/>

WHO IS TONY O'SHEA-POON?



Tony is a hypno-psychotherapist, mindfulness teacher, coach and peace activist and the founder of Mindful Me.

In his career, he has worked in the voluntary, public and private sectors. He worked in primary health care and equality and diversity for many years and at The Open University for 15 years, his final role as Director of Academic Strategy. Tony is a member of the national Mindfulness Now teacher training team at the UK College of Mindfulness Meditation and a tutor at the UK College of Clinical Hypnosis.

He is a practicing Buddhist in the tradition of Zen Master Thich Nhat Hanh and brings positive energy, warmth and compassion to all of his work with organisations.

WAYS TO CONTACT MINDFUL ME

Book a free, no obligation telephone or Zoom consultation with Tony:
<https://www.fresha.com/providers/mindful-me-gcjzmivz?pld=142275>

Complete the online contact form:
<https://mindful.me.uk/#contact>

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