

Mindfulness at Work

For happy and productive people and workplaces

Guided Meditation and Workshop Descriptions



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 MINUTES



Meditation for Calmness

This guided meditation helps to create a deep feeling of calmness, stillness and peace. It is a great choice for stress relief and for building resilience. It includes some mindful awareness and imagery of a beautiful lake, sometimes choppy at the surface but always steady and peaceful in its depths. By the end of the practice, participants will feel a deep sense of calmness, helping them to work from a more peaceful state of mind and body.



Meditation for Relaxation

This guided meditation helps to create a wonderful feeling of deep relaxation. It is a good choice for reducing stress and anxiety. It includes some mindful awareness and imagery of a tranquil island, a place where there is nothing to do except to completely relax. By the end of the practice, participants will feel deeply relaxed in body and mind, able to let go of anxieties, worries and fears.



Meditation for Positive Energy

This guided meditation helps participants to connect with the positive energy within themselves. It is a great choice for building confidence and motivation. It includes some mindful awareness and imagery of a magnificent tree, nourished by the sun, rain and earth. By the end of the practice, participants will feel happy and motivated, enabling them to bring a positive and confident energy into the workplace.



Mindfulness of Breath and Body

This guided mindfulness meditation brings attention first to the breath and then extends awareness to the body. It is a great introduction to mindfulness and will support participants to understand and manage stress and other difficulties in new ways. By the end of the practice, participants will have learned how to focus their attention where they want it to be and how to tame the judgmental nature of their mind.

GUIDED MEDITATIONS

30 MINUTES



The Body Scan

This guided mindfulness meditation focuses attention on each part of the body in turn, exploring physical sensations which are part of our lived experience, but which are often overshadowed by our thinking mind. It is a wonderful practice that teaches participants how to experience more of life through felt sensation, giving the mind a rest and creating a stronger connection with the body. By the end of the practice, participants will have learned how to focus their attention wherever they wish in the body, while learning how to recognise and let go of physical tension.



Mindfulness of Thoughts and Feelings

This guided mindfulness meditation brings attention to the inner landscape of our awareness, our thoughts and feelings. It teaches participants how to recognise and understand their inner experience and to learn detachment, rather than the typical reaction of getting caught up in, lost in, or overwhelmed by thoughts and feelings. It is a powerful practice for developing self-awareness and disrupting unhelpful patterns.



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.



The Breath and Bell of Mindfulness

This practice focuses awareness on the calm, soothing rhythm of the natural breath and uses the sound of a singing bowl to bring the attention back to the breath again and again. It is a simple practice but nonetheless powerful and profound, enabling participants to stay present and fully aware of each moment. By doing so, participants will develop a greater understanding of the nature of their mind and the skills to remain focused on whatever they choose.

MINDFULNESS WORKSHOPS

1 HOUR



Mindfulness Foundation

This mindfulness workshop introduces several core aspects of mindfulness meditation and practice. It is suitable for those who are completely new to mindfulness and those who have some experience. We will discuss what mindfulness is, its benefits and the importance of 'waking up' from autopilot. We'll also explore the nine mindfulness attitudes and enjoy several introductory practices together, including using the breath as an anchor to return to the present moment and bringing awareness and gratitude to our body.



Mindfulness to Manage Stress

This workshop explores the physical, emotional, cognitive and behavioural effects of stress, particularly the effect of prolonged stress and explains how mindfulness can help. An interactive exercise teaches how to take control of stressful situations and how to manage difficult thoughts and feelings. We will enjoy two helpful meditation practices to alleviate stress, the 3-step breathing space and a simple breath meditation to soothe and calm the mind and body.



Mindfulness to Build Resilience

This workshop explores the concept of resilience, why it is so important at work and how we can develop more of it. It explains how mindfulness can help us to change our relationship to difficulties and challenges we experience, helping us develop greater resilience. Participants are taught how to connect to the sensations in their body to notice challenges earlier and they experience a mindfulness meditation to explore difficulty, while remaining centred and calm. The workshop ends with 10 top tips for building resilience.



Mindfulness in Nature

Despite its name, this workshop can also take place indoors and even online. The healing and therapeutic power of nature is well researched. This workshop explores several ways of connecting with nature in a mindful way. We enjoy a beautiful soundscape, explore the interconnected nature of all things and learn how to open all our senses to the world around us. The workshop ends with the art of slow, gentle mindful movement or walking, depending on where the workshop is taking place.



Mindful Communication

In this workshop, participants will learn about the importance of our emotions, which can hinder or support our communication. We will explore the complexity of our inner world 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.

MINDFULNESS WORKSHOPS

1 HOUR



Mindfulness for Digital Overload

These days we use devices and screens for just about everything – work life, home life, social life and relaxation time can all involve being attached to and reliant on devices. In this workshop, we will explore some of the problems associated with digital dependence and look at the importance of giving ourselves an occasional digital detox. We will learn some core mindfulness skills that help us to stay focused on what is important and enjoy two meditations, one that helps us to use our digital devices mindfully, and another that helps us resist the urge to use a device when we're having a digital detox.



Mindfulness for Sleep

Getting a good night's sleep is essential to our physical and mental health. It can make a huge difference to our daytime mood, motivation and performance. Research suggests that many of us are sleep deprived. In this workshop, we will examine why mindfulness is the ultimate solution for troubled sleep and learn some practical ways to naturally wind down and prepare the body for letting go. We will learn a mindfulness practice to help deal with worrisome thoughts that can arise when we are trying to sleep and we will create our very own personalised mindful bedtime routine.



Mindful Movement

In this practical workshop, we will experience gentle mindful movements in a variety of seated and standing positions. All the movements are gentle and safe and can be adjusted to suit any level of physical fitness or mobility limitation. The practice of mindful movement allows us to shift our attention away from our thinking mind and connect to the sensations of our body more directly and profoundly. The result of mindful movement can be a strong sense of being grounded, stable, calm and fully present. No special equipment is required for this workshop.



Mindful Eating

Although most of us eat every day, we don't always get to enjoy our food because our minds are elsewhere. Some of us also have difficult relationships with food, perhaps over-eating or under-eating or not eating healthy foods. This unique workshop explores the entire process of eating, of which putting food in our mouth and swallowing is only one small part. It teaches specific mindful eating skills that allow us to be fully present and fully appreciative of the wonderful gift of food. This workshop is a joyful experience that brings mindful awareness to an everyday activity and teaches a skill that can be applied to many other areas of our lives. Participants should bring a small piece of food to the workshop.

MENTAL HEALTH AND WELLBEING WORKSHOPS

1 HOUR



Mental Health Awareness

Did you know that 1 in 4 people are likely to experience a mental health difficulty of some kind each year? And there are 72 million working days lost each year, at a cost of around £35 billion. This workshop helps participants to understand the continuum of mental health, the causes of poor mental health and the protective factors that can support mental resilience. Participants receive top tips to support their mental health and learn about the importance of staying connected with others to promote their wellbeing.



Positive Mindset to Support Mental Health

Having a positive mindset means being optimistic, experiencing the world through a positive lens and being motivated. People who think positively have more stable emotions and have been shown to be more joyful and less likely to experience anxiety and depression. In this workshop we will explore some of these ideas that come from positive psychology and learn about the actions we can take that are shown to improve our mental health. We will also experience the mindfulness practices of Gratitude and Loving Kindness, which are shown to help cultivate a positive and balanced mind.



Understanding Anxiety and Depression

This workshop explains the relationship between stress and anxiety and depression and teaches how we can respond early to signs of stress and tension. Anxiety and depression are explored in more detail, particularly the ways that they can affect our ability to function normally. Participants are presented with scenarios that help them to notice the signs that they or colleagues are experiencing mild, moderate or severe anxiety or depression, and know what to do in such circumstances. A guided practice helps participant to become aware of and release tension.

MENTAL HEALTH AND WELLBEING WORKSHOPS

1 HOUR



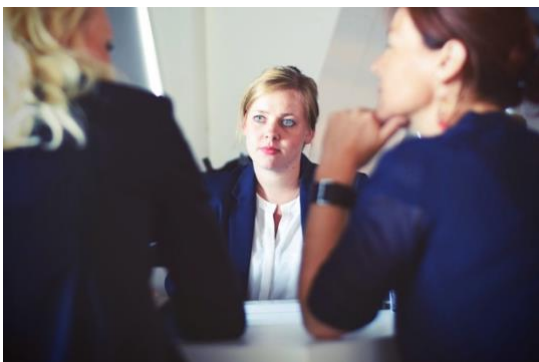
Understanding Mental Illness

Despite the prevalence of mental health conditions, there is still a surprising amount of stigma, and this is especially true for serious conditions such as personality and psychotic disorders, where there can be irrational fear. For other conditions such as eating disorders or self-harm, there can be misunderstanding and worry about saying or doing the wrong thing. This workshop helps to reduce stigma by informing participants about these conditions, teaching them to recognise when someone is in crisis and needs help and providing helpful tips to help themselves and others to stay mentally healthy.



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.



Managing Conflict at Work

This workshop presents the idea that conflict at work is normal and natural, but that we all have a responsibility to recognise the signs of unhealthy conflict and to manage ourselves in these situations. It also introduces the idea of power in organisations and how we can exert influence in many ways. Participants are taught about the signs of healthy and unhealthy conflict and are introduced to a diagnostic tool to help them recognise their own behaviour style in conflict situations. The workshop concludes with some common work conflict scenarios which participants are asked to help solve.

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.

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:
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