



Module Mind

Workplace Mindfulness Training©

By The Mindfulness Exchange (spin-off of Oxford University)

Module Mind
Mentale stress

Workplace Mindfulness Training©

We adapt the best practice from clinical mindfulness teaching (MBCT) to suit the needs of the corporate world.

Motivation to learn mindfulness in the workplace is very different to learning mindfulness as a therapy for psychological problems.

The mindfulness programme is developed with special exercises adapt to a life in a frantic world, and offers much shorter mindfulness exercises anyone can follow.



Workplace Mindfulness Training©



- Doelgroep: iedereen
- Duurtijd: workshop: 6 workshops van 1 uur
- Groepsgrootte: 12 tot 18 mensen
- Benefits of Mindfulness at Work: Mindfulness training releases large savings by days lost at work due to stress, anxiety and depression. However, often mindfulness training is best positioned as a tool to enhance performance, resilience and engagement.



An overview of our other trainings

Longer Programs

- Leading by living your full potential
 - 9 of 14 volle dagen
 - Doel: design your own life
- Rust vinden in een hektische wereld
 - 8 sessies van 2 uur
 - Mindfulness programma gefinetuned op de bedrijfswereld
 - Doel: train de flexibiliteit van je geest



An overview of our other trainings

Longer Programs

- Connect with your inner power
Stress Release Program
 - 6 sessies van 3 uur
 - Doel: Empower yourself by releasing yourself from physical, mental and emotional stress



An overview of our other trainings

Workshops

- Energy
 - Module slaap
 - Module Adem
- Body : gericht op het losmaken van lichamelijke stress
 - Fit@the_work_floor (arbeiders)
 - Get in balance (lichamelijke en mentale stress)



An overview of our other trainings

Workshops

- Mind
 - Get Space in the mind
 - Get in Balance
- Life and relationships
 - Stand grounded in your life and work
 - Compass to success
 - Become an effective leader



Contacteer ons voor vragen!



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