

Introduction to Mindfulness (for Busy People)

Why take this course?

You will experiment with mindful practices that can support your ability to manage triggers, make good decisions and maintain greater balance.

You'll gain tools for creating new habits, so you can embed the practices that work for you into your daily life.

A Google search on “mindfulness at work” results in thirty-nine million hits! Mindfulness has moved, in a short period of time, from the fringe to the mainstream.

Mindfulness is, quite simply, about becoming fully present, less reactive and more aware—it’s about better managing our most precious resource—our attention—given demands that are placed on it increase every day.

Mindfulness practices—even simple ones that require only moments—can have a dramatic impact on the quality of our lives. Meditation is a primary and powerful mindfulness strategy—and not the only one.

This experiential, small-group course will provide you with an overview of mindfulness—as well as easy to implement practices to help you become more mindful. This course is for you if you...

- have tried meditation but not found a steady practice,
- thought you should practice mindfulness and not found a way to get started, or
- tried and thought that it’s not for you.

Key Content:

- Understanding the definition of mindfulness and the science behind it.
- Try out a variety of accessible mindfulness practices with an opportunity to share and reflect on your experience with others.
- Expand your repertoire—in the moment mindfulness, ongoing mindful practices.
- Build new habits that incorporate mindfulness into your daily life.

Details:

Four 75-minute virtual sessions with groups of 6-10 participants will meet every 1-2 weeks via Zoom. Schedules are created as groups form, to ensure maximum



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availability of participants. They will be recorded, just in case you miss a session.

The cost of the course is \$160.