

## CiC COURSES

# Mindfulness Course Outline

### What is it?

A course on practising and achieving Mindfulness.

### Who is it for?

All employees.

### Course Aims

Enhance the skills of individuals, in order that they are able to work more effectively to reduce stress in both themselves, colleagues and the work environment.

Raise awareness of one's self.

Find a form of relaxation or release in order to reframe and cope with daily pressures.

Provide a range of strategies/skills to practise and achieve mindfulness thereby managing situations more effectively and maintaining wellbeing.

### Course Content

- Identifying stress and tension
- 1st steps to mindfulness
- Releasing tension
- Mindfulness visualisation
- Mindfulness techniques that can be used at anytime and anywhere
- When to push on and when to relax and when or how to let things go
- Mindfulness and sleep.

### Benefits

Access top tips for practising mindfulness that can be used at anytime and anywhere, to improve effectiveness at work and at home.

Master a 'rhythm' to your day – learn top time saving techniques that will assist you in knowing when to push on and when to relax and when or how to let things go.

Learn to create an action plan with steps on change we can incorporate into our everyday lives.

Provide employees with the mental and physical tools to practise and achieve mindfulness.

### Our Experience

Our CiC trainers understand the importance of identifying and understanding the culture of your organisation. They are specialists in their field and are highly skilled at delivering training across all sectors and to all levels, specialist teams and departments. They have supported organisations and institutions within both the public and private sector from Universities and Schools, to Law Firms, local councils, NHS care trusts, International News Agencies and International Charities.

### Costs

Costs are standard at £850 per half day and £1250 per full day.

### Additional Information

Groups are usually capped at 15 per group but this is open to discussion for example some of the lunch and learns have been larger!



## Want to know more?

Get in touch with CiC using the details below.

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