

Mindfulness for Busy Professionals

MY OFF SWITCH

Changing the way you work

My Off Switch 1-day Intensive Workshop

Mindfulness trains your mind to focus, so you can be more engaged, productive and effective.

Learning how to manage your attention is like a bicep curl for your brain. Mindfulness counterbalances stress, builds self-awareness, regulates mind wandering and interrupts strong emotional responses, so you can remain calm under pressure.

Mindfulness is known to:

Improve cognitive abilities and reduce negativity bias

Reduce stress (increase resilience and adaptability)

Improve health and happiness (less illness and absenteeism)

Enhance self-awareness (monitoring emotions and managing behaviours)

Reduce emotional reactivity (self-regulation)

Build emotional intelligence (better leaders, managers and teams)

Improve focus, productivity, and efficiency (reduce workplace accidents and errors)

Boost creativity (solution-focused, innovative thinking)

Strengthen relationships (improve connectivity, lessen conflict)



www.KereneStroch.net

Incorporating simple daily mindfulness practices into every day routines to optimise the way you work.

My Off Switch 1-day intensive workshop explores the benefits of mindfulness to rediscover a calmer, centred and more grounded you.

Workshop (6.5 hours)

- » How constantly being busy and feeling pressured increases stress and mind wandering
- » The impact of chronic stress on physical, mental, and emotional health (internal commentary is more likely to be critical, defensive, controlling, inflexible and reactive)
- » Neuroscience - how mindfulness regulates attention and emotions
- » How mindfulness counterbalances an innate negativity bias, allowing our inner commentary to be more open, accurate and flexible
- » Debunk common myths and misconceptions about mindfulness
- » Differentiate between formal and informal mindfulness practices
- » Practice mindfulness by experiencing mindfulness
- » Decide on a leadership quality for self-development
- » Design a mindfulness strategy that works for you
- » Practise the stages on mindfulness: preparation, relaxation, mindfulness of body and emotions, to stillness (awareness).
- » Decide your intention for self-development

Includes participant workbook, audios and 'My Off Switch' App (iOS only)

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