

Mindfulness for Busy Professionals

MY OFF SWITCH

Changing the way you work

My Off Switch 2-day Deep Dive Programme

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.KereneStrochNetter.com

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

My Off Switch 2-day intensive workshop programme explores the benefits of mindfulness (day one) followed by a deep-dive into practising mindfulness for a calmer, centred and more grounded you (day two).

Day One (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)
- » How mindfulness counterbalances an innate negativity bias, allowing our inner commentary to be more open, accurate and flexible
- » Neuroscience - how mindfulness regulates attention and emotions
- » 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

Day Two (6.5 hours)

Deep dive into mindfulness progressing through stages of preparation, relaxation, mindfulness of body, sensations, and emotions, to stillness and awareness.

Topics Include:

1. **Metacognition** (thought awareness and the power of finding a space)
2. **Getting Perspective** (having a different relationship with thoughts and emotions)
3. **Building Great relationships** (mindful listening, how mindfulness increases empathy and connectivity)
4. **Being Like Teflon** (building resilience by responding versus reacting; tools to press pause)
5. **Solution Focused** (boosting creativity and innovation)
6. **Staying Mindful** (future proofing your practice)

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

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