

Mindfulness for Busy Professionals

MY OFF SWITCH

Changing the way you work

My Off Switch 3-hour 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)



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

My Off Switch 3-hour workshop introduces people to the benefits of mindfulness professionally and personally, with take away tools to begin practising mindfulness immediately.

Workshop

- » How being constantly busy without adequate downtime increases mind wandering
- » Impact of untamed mind wandering on internal commentary (more critical, defensive, controlling, inflexible and reactive)
- » Debunk common myths and misconceptions
- » How chronic stress increases negativity bias - mindfulness allows you to be more accurate, flexible, open, and creative
- » Neuroscience - how mindfulness reduces excessive thinking, regulates attention and emotional responses
- » Differentiate between formal and informal mindfulness
- » Practice mindfulness by experiencing mindfulness
- » Design a mindfulness strategy which works for you

Includes access to 'My Off Switch' audios
Workbook extra

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