

Mindfulness for Busy Professionals

MY OFF SWITCH

Changing the way you work

My Off Switch 8-week Workplace 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 (8-week mindfulness programme) commences with a one-day workshop exploring the benefits of mindfulness professionally and personally.

Workshop (6 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

Followed by 7 weeks (x1.5 hours a week face to face or virtually) to embed mindfulness into work-life routines and shift workplace culture.

Masterclasses:

1. **Managing Autopilot** (showing up at work)
2. **Metacognition** (power of finding a space)
3. **Getting Perspective** (different relationship with thoughts and emotions)
4. **Building Great relationships** (seeing we're all in this together)
5. **Being Like Teflon** (responding versus reacting)
6. **Solution Focused** (boosting creativity and innovation)
7. **Staying Mindful** (future proofing your practice)

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

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