

WELLNESS DURING CORONA – LEAD HOW TO EFFECTIVELY PRACTICE MINDFULNESS

With a global pandemic in full effect chances are high that you and your employees are feeling overwhelmed, stressed, and afraid. These reactions are normal. The survival part of our brain (mainly the amygdala) kicks in when we perceive a threat and causes our focus to narrow. The result is:

- Our thinking can follow unproductive patterns such as worst-case scenario worrying
- We have less access to the creative and analytical parts of our brain
- Our ability to empathize, listen, and relate to others is impaired

Unfortunately, the creative, analytical and strategic skills are exactly what we need in times of crisis. We need the full capacity of our brain to weigh best possible options, question our assumptions, come up with new and creative ways of doing things, and remain calm in order to reassure employees, customers, and business partners while listening and taking their concerns seriously. Practicing mindfulness through meditation has been shown to reduce anxiety, calm the amygdala, increase our ability to think creatively, and empathetically take other people's perspective. Steve Jobs, an early adaptor of meditation described his experience like this:

“You start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before.”

Benefits of mindfulness are well-established and studies have found that practicing mindfulness can help you:

- Develop new neuro-pathways - new habits and thought patterns - that help you cope stress and help you have a richer experience of joy.
- Gain higher levels of well-being, including by helping build resilience and coping skills
- Increases your executive function and critical thinking

This workshop is designed to systematically increase mindfulness not only through mindfulness practice, but also by considering the underlying mechanisms of mindfulness. Participants will explore a multitude of activities that can be used to increase mindfulness, reduce stress, and help you bounce back more easily.

LEARNING OBJECTIVES

Expert teaching, consulting and coaching with practical best practices, empower participants to

- Have a deeper and more strategic understanding of mindfulness.
- Understand that Mindfulness is a lot more than a strategy to manage difficult situations. It is a way to cultivate a more balanced relationship to oneself and others.
- Gain experiential practice allows for greater immersion and increase the integration of mindfulness into daily life.

IDEAL AUDIENCE: All employees and leaders at all levels in your organization.

PROGRAM OPTION: Mindfulness 101: A 2-hour Zoom webinar.

COST: \$3500 for the 2 hour webinar for up to 30 people.

Other options on request - contact Churchill to discuss your unique needs.

CLIENT FEEDBACK:

- “I am incorporating the techniques that were taught in your training myself, and recommending it to my entire company!”
- “I have taken so much valuable information away from that training. The webinar and the materials you provided are my new 'bible'.”
- “I am so grateful that my team attended this training!”
- “This is a big thank you. Your style of teaching and knowledge of Mindfulness was exceptional.”

**START THE CONVERSATION. EMAIL SOLUTIONS@CHURCHILL-LG.COM
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