



INTRODUCTION TO MINDFULNESS

“Be present now, not fixated on what was the past or obsessed with what may be the future.”

***“Be present now, not fixated on what was the past or obsessed with what may be the future.”
You will never again live ‘this’ moment. Think about that. You have just one opportunity to use your time. How you spend each day, each hour or each minute is your personal choice.***

Often we feel that we are caught up ‘in the moment,’ reacting to whatever challenge rises in front of us. In the workplace, this is all too common. Mindfulness, taking time to focus on the ‘present’, has been shown to reduce workplace stress, anxiety and absenteeism.

Whether your team have just one hour or the luxury of a team retreat, they will benefit from our workplace mindfulness programmes, which help centre your team on the present. This will enable them to reflect, relax, revitalise and connect with colleagues whilst learning a powerful life skill to help manage their stress and emotional reactivity; and, tap in to their creativity.

Introducing mindfulness to your team has many benefits. Alongside your team feeling valued, it can help to create a better place to work through improving team mental wellbeing and increasing employee engagement, productivity and adaptability.



Introduction to Mindfulness	Engaging with Mindfulness	Mindfulness Retreat
One-hour session	Three, one-hour sessions	Half-day session
<ul style="list-style-type: none"> An overview of what mindfulness is The benefits of practicing mindfulness Mindfulness techniques Personal mindfulness journal for each participant to aid reflection on session theory; embedding practices into daily life 	<p>Session One: Intention and Motivation</p> <ul style="list-style-type: none"> What is mindfulness? Secrets of the mind unveiled The truth about multi-tasking Mindful body scan exercise <p>Session Two: A Calm Clear Mind</p> <ul style="list-style-type: none"> Managing stress Engaging fully in life Dealing with difficult emotions Mindful breathing exercise <p>Session Three: Relating to Others</p> <ul style="list-style-type: none"> Communication Empathy and compassion Mindfulness exercise Integration and change Personal mindfulness journal for each participant Lifetime access to Ovio’s online mindfulness course and audio downloads 	

To arrange your session, please contact HR Partner, Kim Ahern on 09 948 2105 Or, email kim@pod.co.nz

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