

# Mindfulness in the Workplace

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## Program Details

Mindfulness is the ability to stay focused, while being aware of your thoughts and surroundings and being able to recognize and move past distractions as they arise. Our workplaces are saturated with information. Mindfulness is a mental skill that is quickly becoming as important as emotional intelligence and technical skills. Research shows that people spend almost 47% of their waking hours thinking about something other than what they are doing, which impairs creativity, performance, and well-being.

## Training Outcomes

This session will allow participants to:

- Discover the science behind mindfulness.
- Gain practical tools and techniques that will allow you to practice mindfulness in your professional and personal life.



**Training Length**

**1 – 1.5 Hours**