



DETAILS

8 WEEK PROGRAM

A new topic every session to introduce mindfulness into your work and personal life. One day a week for 8 weeks.

BENEFITS

Professional and personal development, develop new skills to face issues as they arise & a greater appreciation for the here and now.

WHAT'S INCLUDED

Expert facilitation, audio resources.

FEES

Contact Acuity for more information.

- OPENGROUND MINDFULNESS PROGRAM - MINDFULNESS FOR WORK AND LIFE

The Mindfulness for Work and Life program is based closely on Mindfulness Based Stress Reduction (MBSR) which was generated by Jon Kabat-Zim at the Massachusetts Medical Centre.

Mindfulness training uses a range of practices to teach people how to cultivate an observant, accepting and compassionate stance towards their own internal experiences.

This program promotes the practice of mindfulness as a transformational tool to help people respond with more clarity and wisdom, rather than acting out of habitual patterns.

Research literature has shown mindfulness to be helpful in:

- Enhancing learning, memory & concentration
- Increasing performance & effectiveness
- Improving physical wellbeing
- Increasing emotional & mental resilience
- Enhancing self-awareness & self mastery
- Reducing reactivity to physical & emotional stressors
- Increasing empathy & compassion
- Increasing enthusiasm for work & life.

Modules



FOCUS & PRESENCE

Move from 'doing' into 'being'

Learn how to interrupt your 'automatic pilot' by slowing down and paying attention to your immediate experience. Discover how to use body sensations as an anchor in the present moment. Learn a concentration practice using the breath.

PERCEPTION & ATTITUDES

How we make sense of the world

Our perceptions are coloured by our past experience, our constitution, and our current physical and emotional state. All of this affects how we "read" a particular situation and what meanings we make of it. How we see things will affect how we experience our achievements, our stress, our joys and our anxiety. The mindfulness practice gives us an opportunity to see how our experience is constructed, and our automatic ways of reacting to unpleasant and pleasant stimuli.

EMOTIONAL REGULATION

Get to know more about your emotional patterns

Learn how to cultivate more resilience and equanimity in challenging situations. Use bodily sensations as a way to ground and open up choice in stressful moments. Recognise and interrupt thoughts associated with challenging emotions.

PSYCHOLOGY & PHILOSOPHY OF STRESS

What happens to the brain & body during chronic stress?

It is not unusual to feel pain in your body—maybe a backache or even a headache. It is also not unusual to try to ignore these sensations by taking medication to mask these uncomfortable experiences. The body holds a lot of information, so when you feel pain, usually this means that your body is trying to tell you something. It's vital that you start paying attention. We will use awareness of posture to improve awareness, groundedness and authority.

COGNITIVE FLEXIBILITY

How you think is your choice

Investigate your conditioned ways of reacting to stress and stay present to this experience. Open up possibilities of responding rather than reacting in habitual ways. Recognise unhelpful patterns of thinking and how they shape your perceptions and contribute to your stress. Recognise the narratives or stories that you generate. Interrupt ruminative thoughts with focus on the breath and sensations. Explore an open awareness mediation practice.

RELATIONSHIPS

Improving interactions with others

Mindfulness practice not only affects you, but can also affect your connections with the people you live and work with. Learn how to pay detailed attention to the 'other', listen and see others in more flexible and accepting ways, use contemplation as a way of cultivating acceptance and compassion for yourself and others and use mindfulness practice as a way of preparing for conversations.

VALUES & ACTION

What is important to you?

What are you working towards?

Mindfulness is not just about paying attention in a certain way. It involves really listening to our lived experience and opening up to our inner wisdom. It can be helpful to reflect on our work life and our lives more generally, to see if the shape our lives are taking is in line with our values. Learn how to integrate mindfulness into your specific situation. Reflect on options about caring for yourself and making choices in your life.

MAKING MINDFULNESS PART OF YOUR LIFE

Make the best of your experiences

Living mindfully is a process of ongoing practice. Explore choices about continuing to support this practice in your life.

Acuity^{Group}

 Openground
Training & Consulting