

"Mindfulness in the Workplace"



2-Day
Training



By attending this training YOU will learn current Evidenced-Based, Proactive and Preventive Strategies and Techniques for Managing and Minimising the Impact of;

- ☞ COMPASSION FATIGUE
- ☞ BURNOUT
- ☞ VICARIOUS TRAUMA
- ☞ SECONDARY TRAUMATIC STRESS



By learning MINDFULNESS Techniques & Practices as the basis of Wellbeing Programs YOU will also learn how to Enhance & Increase Your Levels of;



- ☞ COMPASSION SATISFACTION
- ☞ WORKPLACE WELLBEING
- ☞ WORKPLACE RESILIENCE

Workplace Wellbeing Programs have been shown to INCREASE & IMPROVE EMPLOYEE;

- ☞ PRODUCTIVITY
- ☞ JOB SATISFACTION
- ☞ CREATIVITY & INNOVATION
- ☞ WORK ENJOYMENT & FULLFILLMENT
- ☞ MORALE & WORKPLACE ENGAGEMENT
- ☞ WORKPLACE & WORKTEAM COMMUNICATION
- ☞ PHYSICAL & MENTAL WELLBEING & RESILIENCE

Contact: admin@workplacewellbeing.co Ph: 1300 139 041 W: www.workplacewellbeing.co

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