

# "Mindfulness in the Workplace"

Workplace Wellbeing



Institute

## 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

