Implementing Mindfulness

Category: Professional & Leadership Development | **Vendor:** Various

Duration: 8.00 hours (1 days) **6.5 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

Stress and burnout can stop us from doing our best work. Every day, we face changing workplace dynamics that have left many of us routinely exhausted or withdrawn, resulting in strained relationships and lower productivity. Implementing mindfulness has never been so important, giving us the tools and resources to feel our best. This course has been approved for 7 PDUs | 7 CDUs

About This Course

Stress and burnout can stop us from doing our best work. Every day, we face changing workplace dynamics that have left many of us routinely exhausted or withdrawn, resulting in strained relationships and lower productivity. Implementing mindfulness has never been so important, giving us the tools and resources to feel our best. This course has been approved for 7 PDUs | 7 CDUs

Who Should Attend

This course provides evidence-based techniques that address your mental wellbeing from the inside out. This means reducing stress and avoiding burnout - and that means better focus, more effective teamwork, and higher performance.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Understand how to recognize the direct link between emotions and behavior Learn how to observe reality without making judgments Identify different thought patterns and distortions Demonstrate how to navigate thought patterns to increase decision-making and problem solving. Apply a balance of resilience and compassion for self and others

Detailed Course Outline

Understanding Emotions and Behavior

- Choices and Emotional Behavior
- What is Mindfulness?
- Applying Mindfulness

Navigating Emotions Under Stress

- The Purpose of Emotions
- Thought Patterns and Distortions
- Navigating Thought Patterns

The Power of Reframing

- Going Beyond “Positive Thinking”
- An Introduction to Reframing
- The Power of Our Words
- Building Your Emotional Vocabulary

Building Better Days with Resilience

- Mental Resilience
- Hot Cross Bun Formulation
- Applying Compassion
- Leading by Example

Frequently Asked Questions

Q: What delivery options are available for Implementing Mindfulness?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

Q: How many CPD hours does this course provide?

The 1-day Implementing Mindfulness course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Implementing Mindfulness training?

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Implementing Mindfulness?

Yes, we provide corporate training, dedicated training, and closed classes for Implementing Mindfulness. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Implementing Mindfulness?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Implementing Mindfulness training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

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