

# An Introduction to Mindfulness

## At the end of this course you will be able to:

- Describe the principles and benefits of mindfulness
- Apply simple meditation techniques to stay in touch with the present moment and get less caught-up in negative thought patterns
- Use meditation and simple mindfulness techniques to boost your resilience to stress
- Develop your own mindfulness practice for greater wellbeing

## Background

Being mindful simply means directing your attention to your thoughts, feelings or surroundings without passing judgment about your experience. It's about being in the moment and maintaining an attitude of openness and curiosity.

The practice of mindfulness teaches greater awareness of our thoughts, feelings and sensations through simple techniques like meditation and gentle movement. These techniques can help train you to become more mindful in other parts of your life.

Mindfulness has many proven benefits; it can help reduce stress and build resilience to stress-related health problems.

In this one-day programme you will learn to bring mindfulness into your daily life, whether walking to work, eating breakfast or taking a shower. We teach you a variety of mindfulness techniques such as sitting meditation and the 'three-minute breathing space'. The course is run from a highly-experienced mindfulness teacher with over 10 years of meditation practice.



## Timing

This workshop runs for 1 day; we start at 10:00 and finish at 16:00.

## Who should attend?

Anyone who wants to learn the art of mindfulness for greater wellbeing.

## Facilitator

Dr Melanie Tokley is a Clinical Neuropsychologist and mindfulness teacher working in diagnostic clinics, inpatient neurorehabilitation and outpatient therapy across both the NHS and private sectors. She has a Master's Degree in Mindfulness-Based Cognitive Therapy (MBCT) from the University of Oxford. Melanie has a special research interest in the neurobiology of mindfulness and meditation practices and has written extensively on neuroscientific theories about how mindfulness works.

## Course Topics

- The principles and benefits of mindfulness
- How mindfulness works: understanding the neuroscience behind how mindfulness leads to real and sustainable change
- Stepping out of automatic pilot
- Awareness of thought, emotions and body sensations
- How mindfulness cultivates acceptance
- Mindfulness of breathing
- Introducing the 'Three-minute breathing space'
- Mindfulness tools to incorporate into your working day
- Recommended techniques for establishing a daily practice and embedding mindfulness into your life

## Further Learning

This session is delivered as part of our broader resilience programme. Additional modules in the programme include: Building Personal Resilience (1-day workshop) and Unleash Your Strengths (1-day). These are all based around the Six Elements of Resilience® model. We also offer two modules for managers: Building Resilient Teams (1-day workshop) and Coaching for Leaders (1-day workshop). Please see our training brochure or visit our website ([www.thisisthrive.com](http://www.thisisthrive.com)) for further details.

Last updated 13-Jan-2017