





# Mindfulness in the Workplace

**LifeWorks Personal Development Training also works with businesses and teams to support skill development in a work environment.**

We use mindfulness practice as the foundation of our courses and workshops. Whether in leadership, team meetings or in customer service having a focus on a mindful experience creates space to be more effective, energised and authentic in your purpose.

When we are connected to what Simon Sinek calls our “why” our work becomes more positively impactful in our own lives, as well those of our team members and customers. LifeWorks Personal Development Training works with groups and individuals to articulate their “why” and then works in alignment to this in a mindful way.

## MENTAL CLARITY AND FOCUS

Create greater mental clarity and focus, increasing productivity as well as elevating our capacity for critical thinking and ability to problem solve

## MANAGING STRESS

Improve our capability to manage stress, enabling us to deal positively with challenges created by workloads, deadlines and interpersonal conflict

## TEAM RELATIONSHIPS

Encourage positive shifts in difficult team or interpersonal relationships by replacing habitual reactions with more considered responses

## WORKING ENVIRONMENT

Create safer working environments in high risk work by enhancing our focus on the present moment

## READING PEOPLE

Increase our capacity to read other people, improving understanding of relationships and needs

## EMOTIONAL AWARENESS

Improve awareness of our own behaviour and emotions, enabling more effective self-regulation and resilience

## FULFILMENT & DRIVE

Connect our daily work to our purpose which gives us a greater sense of fulfilment and drive

## INNOVATION & CREATIVITY

Create energy and space for innovation and creativity

## HANDLING CHANGE

Expand perspective, improving ability to handle change

### What Mindfulness is not:

- Intimidating and complicated - anyone can practice mindfulness in any setting
- A substitution for addressing environmental factors in high stress environments
- A time consuming practice – this isn’t “adding” anything to your day, in fact it will relieve time pressure

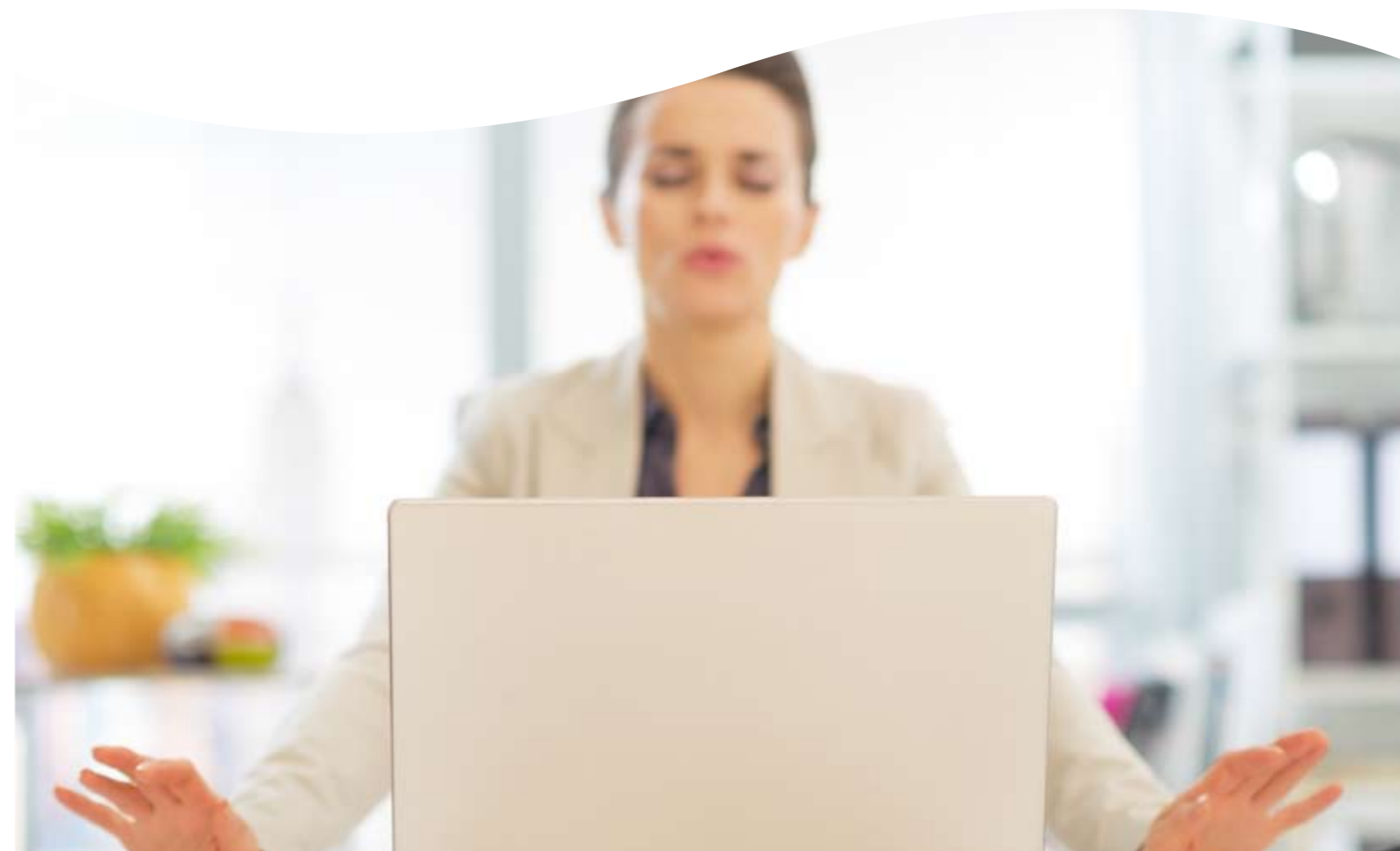
We welcome you to speak to any of our team about mindfulness at work - whether it be answering questions or working together to explore how best to introduce mindfulness practice in your business.

Join us at one of our open workshops (see below) or contact our team to create a bespoke training for your group!

- Conflict Management in the Workplace
- Journaling Tools and Techniques
- Inclusive Leadership Skills for Managers
- Influence at work
- Coaching approach to 1o1s and appraisals
- Communication Styles
- Great Customer Service
- Identify your True Skills
- Coaching Skills for Managers
- Year Long Journey of Self Development program

### EAP:

We also offer a supportive Employee Assistance Program (EAP) that you may choose to engage as an employee benefit program to confidentially help employees with personal problems and/or work-related problems. The EAP program can be tailored to the needs of your business and employees and is a cornerstone of many employers of choice.



# Life Works

