

Meditation and its role in the Workplace

Aim

The modern workplace is more stressful than ever. According to the HSE (Health & Safety Executive) in 2018/19, over 600,000 people in the UK reported experiencing work-related stress, depression or anxiety. This amounts to 44% of all work-related illness.

When we can take time during our working day to focus on the present, it helps us to create a stronger control on how our minds function.

Meditation allows you to connect your mind and body to the present moment cultivating the awareness we all need in our lives to bring our minds and bodies in sync for optimum health and wellbeing. It is a simple practice that can be incorporated with ease in our daily lives and workplaces.

Outline

A typical workshop would cover:

- Understanding what meditation is
- What the science is saying about the benefits of meditation
- Understanding the key fundamentals – posture/ breath
- Introduce mindfulness meditation techniques
- How to bring mindfulness into your life and work
- How to create your own regular meditation practice in a busy world

Attendees will be provided with an electronic workbook and should be seated in a comfortable chair and place..

Outcomes

Creating a workplace that results in a positive experience for employees brings a wide range of benefits, both physically and mentally to the employee and as a result can lead to an increase of productivity and engagement for the organisation. One of the ways of being able to create a more positive experience is through the development of life skills such as mindfulness and meditation.

Duration

2 hours

Delivery Approach

Virtual webinar via MSTeams

The sessions are informal with a mix of teaching, discussion, and guided meditation. Meditation's themselves will last no longer than 10 minutes at any one time.

Audience

All employees

Delegates

Maximum of 12 delegates per workshop

Investment

WME Member:
£395 + VAT

Non-WME Members:
£475 + VAT

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