



mindfulSF

Supporting people to live life fully.

2021

Sample Workshop Guide

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Bouncing Back – Building Resilience in Uncertain Times

3-Session Series. Each session is designed to be 1 hour and can be offered as a stand-alone session.

Overview:

In this 3-part workshop series we will explore practical ways to combat burnout, build resiliency, and increase work/life balance during COVID-19 and beyond. Over the past several decades, research has increasingly shown mindful awareness strategies as powerful tools to combat stress, anxiety, and burnout in high demand work environments. The global health crisis we are facing has led many people to experience challenges that include increased stress, isolation, and blurred lines between work and home life. Studies show that people trained in mindfulness can optimize job performance, concentration, clarity and focus even in the face of challenging and uncertain times. This workshop series is an opportunity to connect with colleagues, to learn about the research behind self-care and mindfulness, and to practice techniques that are practical, effective, and proven to support wellbeing. Each session will consist of didactic presentations, experiential practices, and large and small group discussion.

Session 1: Mindfulness | Unpacking the Basics

Session 2: Learning to Unplug | Finding balance while working from home

Session 3: Integration | Infusing Mindfulness into Daily Life

Objectives:

- Participants will leave with a greater knowledge of current research studies that support the efficacy and outline the impact that mindfulness and self-care strategies can have on wellbeing.
- Participants will leave each session having identified at least one self-care or mindfulness strategy they can utilize in their day-to-day life.
- Participants will learn strategies to create and sustain boundaries between work and home life.

Mindfulness-Based Techniques for Optimizing Workplace Performance

1 – 2 hour

Overview:

This experiential workshop is for professionals interested in enhancing their wellbeing in the workplace. Participants will have the opportunity to practice mindfulness and values-based techniques that can be implemented during work, and in high stress situations. This workshop includes discussion and experiential

practice that focus on the use of mindfulness-based techniques to enhance work performance, productivity, and stress management skills.

Objectives:

- Participants will learn and practice mindfulness-based techniques that can be utilized in the workplace.
 - Participants will gain clarity around behaviors that can direct them towards increased work satisfaction.
 - Participants will learn skills to more thoughtfully and productively respond competing tasks and demands.
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Introduction to Mindfulness at Work

1 – 2 hour

Overview:

Over the past several decades, research has increasingly shown mindfulness as a powerful tool to combat stress, anxiety, and burnout in high demand work environments. Mindfulness can optimize job performance, concentration, clarity and focus. Mindfulness skills can help people effectively manage stress and sustain energy while at work. This workshop will utilize discussion and experiential practice to support participants with developing methods for using mindfulness techniques at work.

Objectives:

- Participants will learn how mindfulness is supported by science to optimize brain performance.
 - Participants will acquire techniques that can be utilized at work to sustain energy levels and avoid burnout.
 - Participants will become knowledgeable about communication skills that can enhance team collaboration and connectedness.
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Living with Intention: Selecting and Sticking to Your Values At Work

1 -2 hour

Overview:

In this experiential workshop we will explore values-based learning as a compass for navigating challenges of workplace stress. Participants will have the opportunity to learn mindfulness and acceptance techniques related to corporate wellness, connect to personal work values, and identify behaviors that are aimed at increasing connectedness with overall wellbeing in the work environment.

Objectives:

- Participants will learn stress management techniques to decrease reactivity in response to high stress situations.
 - Participants will practice various mindfulness and acceptance skills to more effectively manage emotions in response to workplace interactions.
 - Participants will leave with a greater understanding of their own values as well as concrete behaviors they can engage in to move them closer to the person they would like to be at work.
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Becoming Present at Work

Half Day, Full Day, or 4-Part Series

Overview:

Current research supports the efficacy of self-compassion and mindfulness practices as protective strategies for burnout in corporate work environments. Techniques that focus on increasing presence and self-kindness can assist with productivity, motivation, and interpersonal connection in the face of job-related and personal stressors. In this experiential training, participants will learn and practice essential skills for cultivating resiliency and managing stress in professional contexts.

Objectives:

- Participants will be able to identify essential components of mindfulness and self-compassion practices and how they can support the cultivation of resilience and flexibility.
 - Participants will explore key research studies that demonstrate the impact of mindfulness and self-compassion practices in caregiving roles.
 - Participants will leave with 5-8 self-care practices they can utilize in response to job and life-related stress.
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Mindfulness-Based Stress Reduction Course

8-Week Series

Overview:

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program that introduces mindfulness in the form of sitting practices, body awareness, and movement as modeled by Jon Kabat-Zinn, PhD. Studies have shown MBSR to benefit people with stress, chronic pain, depression, and anxiety related conditions.

Objectives:

- Participants will be introduced to mindfulness skills in the form of sitting practices, movement, and body awareness.

- Participants will cultivate kindness and self-compassion skills.
 - Participants will improve interpersonal communication abilities and enhance ability to engage in values-based living.
 - Participants will acquire a set of concrete tools for responding effectively to stress and worry.
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Cultivating Compassion, Presence and Resilience in Helping Professions

Half or Full Day

Overview:

Current research supports the efficacy of self-compassion and mindfulness practices as protective strategies for provider burnout in mental health care. Techniques that focus on increasing presence and self-kindness can assist with productivity, motivation, and interpersonal connection in the face of job-related and personal stressors. In this experiential training, caregivers will learn and practice essential skills for cultivating resiliency and managing stress in both personal and professional contexts.

Objectives:

- Participants will be able to identify essential components of mindfulness and self-compassion practices and how they can support the cultivation of resilience and flexibility.
 - Participants will explore key research studies that demonstrate the impact of mindfulness and self-compassion practices in caregiving roles.
 - Participants will leave with 5-8 self-care practices they can utilize in response to job and life-related stress.
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Stress Less | Live Fully

8-Week Series

Overview:

This is a group for busy professionals looking to find balance with life inside and outside of work. You will have the opportunity to refuel, connect with like-minded people, and learn strategies to manage stress effectively

Objectives:

- Deepen relationships with co-workers and/or other professionals.
- Gain clarity around behaviors that can direct you towards increased life satisfaction.
- Attend more thoughtfully and productively to competing tasks and demands.
- Gain experience with a variety of mindfulness, communication and self-compassion skills.

A Daylong Exploration Into the Science and Practice of Mindfulness-Based Programs

Full Day

Overview:

This workshop is an introduction to mindfulness-based programs that are pioneers in the proliferation of mindfulness-based interventions. We will investigate a variety of 8-week structured programs that include Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBSR), and Mindful Self-Compassion (MSC). Randomized controlled trials have increasingly shown the efficacy of these programs in the treatment of a wide range of conditions related to illness, chronic pain, and stress related disorders. In this workshop we will explore the structure and underpinnings of course curriculums and discuss current research findings. We will also engage in a variety of experiential mindfulness and self-compassion practices.

Objectives:

- Participants will leave with a greater knowledge of current research studies that support the efficacy of a variety of 8-week structured mindfulness-based programs.
- Participants will learn about the history, format, and structure of each program and will be able to identify when these programs may be a beneficial adjunct to traditional psychological and/or medical treatments.
- Participants will engage in guided mindfulness and self-compassion practices that may include sitting, walking, and movement.

Mindfulness-Based Strategies for Preventing Burnout

Half or Full Day

Overview:

Compassion fatigue and burnout are challenging experiences that frequently impact the wellbeing of care providers. Through attunement with our own bodies and minds we can learn to proactively identify ways to successfully manage stress that arises when caring for others in need. This experiential training will include an overview of current research studies that show the efficacy of mindfulness as a protective strategy for caregivers.

Objectives:

- Participants will practice mindfulness techniques that can assist with stress management and cultivation of empathy and increased connection with others.
- Participants will leave with a toolbox of 5-8 informal mindfulness practices they can use during work to support wellbeing, presence, and connection.

Thank you for your interest in our workshop offerings.

We offer wellness workshops throughout the Bay Area that focus on teaching mindfulness, values exploration, stress management, and communication skills. Our workshops are highly experiential and can be utilized in workplaces to enhance team collaboration and increase productivity. Workshops are individually tailored to meet the needs of your organization.

Please contact us directly at info@mindfulSF.com to find out more about other workshops that may be appropriate for your organization.

mindfulSF is dedicated to supporting people with living freely in the face of stress and adversity. We are committed to offering evidence-based mental health and wellness services to help people live meaningful and fulfilling lives. All of the services we provide are grounded in collaboration, curiosity, cultural humility, and compassion. More information about mindfulSF can be found at www.mindfulSF.com.