

Reducing Workplace Stress

- A Mindfulness Based Approach

1.5 Day Workshop for HR Managers/Team Leaders

Because it is a highly effective way to reduce workplace stress, improve performance and employee well-being, mindfulness training is increasingly becoming an integral feature of international management and organisational development programmes.

More than 2,500 scientific research studies worldwide have revealed the mental and physiological advantages of the mindfulness process. Key benefits include a significant improvement in focus, concentration and attention resulting in greater personal and inter-personal effectiveness. Companies, including Google, Barclays, Deutsche Bank, Apple Computers and KPMG, have invested in mindfulness programmes for their employees.

The 'Reducing Workplace Stress' workshop combines an understanding of the theory behind mindfulness and its effectiveness in the workplace, along with lots of practical exercises, tips and techniques that will demonstrate to participants how introducing a mindfulness based approach can :-

- reduce stress in the workplace
- increase engagement
- reduce absenteeism
- improve workplace productivity
- improve resilience
- encourage creativity
- improve team effectiveness



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Tues 23rd & Weds 24th May, 2017

1.5 Day Workshop €199pps

Package includes 1 night Bed & Breakfast (4* Hotel sharing Twin Room), 3 Course Dinner, lunch and 1.5 day Workshop, a combination of theory and practical exercises. Participants will also receive a framework for introducing a mindfulness based Stress Reduction programme into their own organisations.

Workshops are limited to 12 participants.



Facilitator: Sabina Cox

Sabina is Sales Manager with Delphi Resort since May 2014 and has worked in sales and marketing roles in the hospitality, IT and Telecoms industries in Ireland and the UK.

Sabina completed the Institute of Mindfulness Based Approaches Mindfulness Based Stress Reduction Teacher Training in 2016. Sabina has also studied Iyengar Yoga, Laughter Yoga and Tai Chi. Sabina has been practicing and teaching yoga and meditation for over 20 years.



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