



Overview and Benefits of our Online Training

Course content 	Benefits 
Session 1 Stepping out of autopilot	Creates space to plan and prioritise. Developing the ability to notice every detail, being in the present moment and not missing anything.
Session 2 The effects of stress on the body	By being aware of our mind and body we can notice the signs of stress/anxiety and deal with them better. Mindfulness will strengthen your ability to regulate your emotions, which in turn will increase your emotional intelligence.
Session 3 Developing your ability to focus your attention	Practising mindfulness will enable you to be less distracted, allowing you to make effective decisions and fewer mistakes, as a result you will be more productive and more effective. Mindful listening will enable you to have healthier, more successful and effective relationships in and outside the organisation.
Session 4 Slow down to speed up.	Mindfulness enables you to look at things from different perspectives, rather than jumping to conclusions. Enabling you to be reflective, not responsive.
Session 5 Living a Mindful Life Evaluation and impact	Integrating Mindfulness into your school and home life, builds inner strength and resilience for the participant. Mindfulness reduces anxiety, which boosts resilience and strengthens the immune system. The practice increases confidence, enabling you to work on your own initiative, which can result in creating a more solution focused, happier you.